

# RAYS : The Somaiya School Newsletter - Dec 2017



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## From the Principal's desk...



Dear Parents,

Season's Greetings and wishing you all a very joyous and vibrant 2018!

Welcome to another exciting edition of **RAYS** – the **Somaiya School Newsletter**.

We trust you and your children had a relaxed X-mas break and are all set to finish the academic year on a bang!

December was very eventful with the visit of his Holiness the 14<sup>th</sup> Dalai Lama who visited our school and blessed us all with his pearls of wisdom. The Secondary Annual day was a huge success and was very well received by the students and parents. I thank all my staff members for those tireless efforts and working extra hours to ensure a well-organized event. The success of these events emboldens us to work on further events. The Christmas party and the Xmas celebrations added much cheer.

It's the beginning of a new year, and the entire school is geared up for the annual exams, especially our Grade 10 students who will be our first batch for the CBSE Board Exams. We are confident that their consistent efforts throughout the year will bring in laurels to their parents and the school.

Academic excellence along with adequate life skills is a sure shot mantra for succeeding in their future endeavors, and we wish them the very best of luck.

Irrespective of the grades, it's imperative that parents support the child to study regularly rather than panic at the last minute. A calm environment at home combined with steady sleep and eating habits ensures that performance anxiety, if any, is handled well. Every child is gifted, and exams only measure a part of their life skills.

We hope you would continue to support and encourage us in all our endeavors, as always.

I look forward to hearing your views on how we could build a better TSS ecosystem on [principal.tss@somaiya.edu](mailto:principal.tss@somaiya.edu).

Happy reading !

Warm regards,

Parveen Shaikh

(Principal – The Somaiya School)

## CRED Talk # 51—Machines

**Machines** are an integral part of our lives : be it televisions, robots, heavy machinery or the packaging industry. Mst. **Armaan Gupta (5A)** gave a talk on this as part of the 53rd CRED talk

Reports on this from two of his school mates.

1. My fellow schoolmate Armaan spoke very well about machines - including LCDs, Laser cutting machines and Drones. He had researched his topic very well and answered all the questions patiently. At the end of the talk, we learnt a lot about machines. Its interesting to know that Armaan is participating in the RIIDL team (design team based in the SVV campus) - Ms. **Nemi Bhayani (8A)**
2. It was a wonderful talk on Machines by Armaan. The presentation was very interactive where he answered many queries patiently. Armaan is very interested in machines and wishes to pursue this field as his career.—Ms. **Diya Thakkar (8A)**



## CRED Talk # 52—The Big Bang

**The Big Bang Theory** which talks about the evolution of the Universe has intrigued many of us. Mst. **Devam Desai (8A)** spoke about this in depth. We have two student reports on this talk



1. Informative PPTs along with explaining to us about the Large Particle Accelerator were the highlights of this talk by our school-mate Mst. Devam. He also spoke about the Big Crunch as well as the Big Freeze .The Q & A sessions were quite intense and the speaker Devam spoke with confidence and a calm attitude - Mst. **Siddharth G & Ms. Aahilya S (9A)**



2. द सोमैया स्कूल में 7 दिसंबर 2017 को “क्रेड टॉक सभा” का आयोजन किया गया । जिसमें आठवीं ‘अ’ के देवम देसाई ने ज्ञानवर्धक बातें बताईं । इनके बातों से सभा की आँख खुली की खुली रह गयी । ब्रह्मांड कैसे आया उस विषय पर उसने सबको अर्ब गत कराया । ‘द बिग बैंग थियरी’ उस विद्यार्थी का विषय था । विद्यार्थियों एवं अध्यापकों ने उसे बहुत शबाशी दी । - Mst. **Naman Jain (8C)**



Jain (8C)

## CRED Talk # 53—Interior Designing and Styling



**Interior Designing and Styling** : is there a difference between design and styling ? How do these trends change with passage of time ? Our CRED talk speaker Mst. **Aarav Patel (6A)** kept us clued in on this topic.

Two students report on this :

1. Aarav made a very interesting presentation which clearly showed the difference between Interior Design and Interior styling. His command over the subject was exemplary and the entire audience was extremely engrossed in the talk. A great show - Ms. **Saachi Gathani (7A)**
2. The maturity of handling a topic like this goes entirely to Aarav. He was technically very sound about the subject and explain the terminologies involved in this subject very well. Its welcome to see CRED talks presenting so many interesting topics like these. We look forward to more. - Mst. **Malap Kothari (7A)**



### CRED Talks

Its an amazing achievement that CRED talk @ TSS completes an year since they were first commenced on 30th Nov 2016. We have had 53 CRED talks since then, and the original “inventors” of the CRED talk were the students of 7B (2016-17) - Mst. Krishiv Bhatt and Ms. Aaryaki Patil. Under the able stewardship of our Science Teacher Mr. Mahesh Jain, these student talks have been very well received and has now become a school initiative from Grades 1 to 10.

These talks mold young minds and the entire schematics of organizing, hosting and scheduling is managed by the students themselves.

Beginning this edition, we feature 2 –3 talks presented by the students.

The speakers from Mst. **Devam Desai (8A)** who spoke on “The Big Bang”. Mst. **Aarav Patel (6A)** spoke on Interior Designing and Styling. And Mst. **Armaan Gupta (5A)** spoke on machines.

We have student reports on all these 3 talks in this edition.

- Text inputs : Ms. Aditi and Mr. Mahesh (teachers -TSS)

## Spotlight—Mr. Manik Malve

*As part of the Spotlight, we have two Sports teachers featured in this edition.*

*In the first part, we present a candid conversation with Mr. Manik Malve. The TSS Communications team thanks him for his time and inputs. Read on for more details in the interview.*

**Q : Tell us about your journey into becoming a Sports Teacher.**

A: I represented the university during my college days and was a National level Kabaddi player, and also represented my alumnus Ramnarayan Ruia college in Mumbai University's kabaddi, wrestling and Boxing inter-collegiate competitions. I was advised by my coach to do my B.Ped and further, M.Ped. This laid the foundation for me to understand and appreciate the value addition that sports brings to an individual. I have worked in St. John's School and Universal School for a total of 4+ years before joining TSS in Dec 2014.

**Q: In these days of extreme competition, what are the roles of a sports teacher and parents for students?**

A: The role of a teacher is to identify and strengthen the skills that a student has. He/she also needs to counsel the parents to help them zero in on one or two games that their child/ children may be excelling in, and help that child to pursue it. The parents need to understand that every child is gifted and unnecessary pressure from the parents on the child to excel in all fields is unreasonable and hard on the child. Parents need to supervise and provide basics for their children, but trust that the coach and the sports teacher are doing the best for their child.

**Q: Playing sports brings with it ups and downs. How does a true sportsman need to see these ?**

A: In my opinion and experience, failure is an integral part of playing. Sports caters to development on 3 levels— mental, physical and emotional. A true sportsman would take the failure as a starting point to review what went wrong and how we could work around the failure to step up and do better.

**Q: What has your experience of working with TSS been so far?**

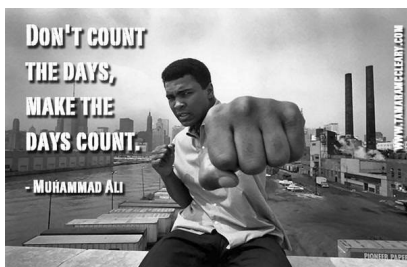
A: The team is very supportive, and we have adequate help in taking decisions and moving forward. Khel Junoon was a great experience of hosting an inter school event, and we hope to better our school's performance next year on in all the tournaments. The sporting talent is definitely there, we need to up the game in terms of practice and delivery. Overall, it's good to be here, and I am enjoying the stint.

**Q: What is your advice for young sportsmen / sportswomen—in-the-making ?**

A: Focus on your core skill(s). You don't need to be a Tendulkar if your passion lies in soccer. Focus & practice hard—there are no two ways to success.

**Q: Share a thought or quote that motivates you every day.**

A:



**Mr. Manik Malve**

Mr. Malve is a popular PE teacher at TSS. A University level National *Kabaddi* player, he is also very passionate about coaching students. He holds a M.PEd (Masters in Physical Education) degree along with a Bachelor of Arts degree.

Personally, he prefers to play Kabaddi, Wrestling. He has also bagged Silver medals in Wrestling at the University level.



## Spotlight—Ms. Reema Khan

*In the 2nd Spotlight of this edition, TSS Communications team interacts with the bubbly and ever-positive Ms. Reema Khan, sports / PE teacher at TSS. Following is an excerpt from a free-wheeling interview. We thank Ms. Khan for her time and inputs.*

**Q: Tell us about your journey as a P.E teacher.**

A: Growing up, I wanted to be a cop or work in the military. My mother, Mrs. Sakina Khan has influenced my thought processes on fitness and sports, and has always encouraged me immensely to excel in sports and especially to pursue NCC at college. Although my military dream couldn't materialize, I have had Ms. Singh (my NCC Administrative Officer at college) who again influenced me to take up sports as a career option. I have worked in St. Mary's School, NES, Universal schools in Mumbai prior to joining TSS in May 2015.

**Q : How important is fitness in today's gadget driven lives of our student?**

A: Fitness is something that cannot be compromised, irrespective of whether the students or parents are sportsmen or not. Students need to exercise for a minimum of 40-45 min, and exercising really doesn't really need any special equipment. Parents can lead the way in doing 25-30 min of Cardio everyday. I also strongly recommend that everyone reflect the day's happenings for 5-7 minutes every night before tucking into bed. This introspection of the day that has gone by is a powerful tool for mental well being. This is as important as physical wellness.

**Q: Success is over rated in this competitive world. What's your take on this, especially for the students of TSS ?**

A: Success is important, but so is discipline. One cannot be achieved at the cost of another. The student needs to evaluate and zero in on the one game that he/ she wishes to pursue. The parents need to stop comparing their kids with their siblings or kids from other families. The support of the family in moulding the personality of a sportsman is invaluable.

**Q: What are the games that you personally love to play, and why ?**

A: I love playing kho-kho a lot as it provides agility, focus and team spirit.

**Q: What has your experience of working with TSS been so far ?**

A: This is one of the best stints I have had in my career. The sports teachers are totally clued into the happenings of the school events, and we have a great professional relationship with the entire staff. We do receive adequate support from the management on the events that are chalked out for the school.

**Q : Share one thought that motivates you.**

*"There is a divine power that looks over us, that gently lifts us from our sadness and failures and miseries. If we open our minds and let it, it will guide us to our true place. Release yourself from the bindings that limit you and let that power overtake your mind, and that's when you will be on the road to true happiness and peace." — A.P.J. Abdul Kalam, My Journey: Transforming Dreams into Actions*



**Ms. Reema Khan**

A B.Com and B.Ped graduate, Ms Reema joined TSS in June 2015. She loves to work with children and is very passionate about sports. She has also received the best NCC Cadet award in all her 3 years of college, has been felicitated by the Vice Chancellor at the University level. A very popular PE teacher at TSS, she firmly believes in the mantra of fitness and shares her views on the evolving sports scenario around us. Ms. Khan has been recently married, and lives in Mumbai with her husband & in-laws.

## Christmas Celebrations and No-Fire Cooking (Primary Section) : A photo recap



Xmas was the perfect excuse for our students to whip up delicious no-fire-needed goodies right from the comfort of their classrooms. From Chocolate dipped cookies to Swiss rolls, our primary kids had a wonderful time being lil chefs for the day :  
A photo-recap —



## UDA Model United Nations (MUN) Conference : A Report

The MUN Club at TSS ventured into professional MUN conferences with the United Diplomats Association MUN Conference held in Mumbai on 16th and 17th December 2017. It was the second MUN conference where the TSS MUN Club marked its presence.

We were the biggest delegation representing the maximum amount of participation. With representation from varied college students along with a few top notch schools we sure made our presence felt.

Despite being in its nascent stages, the MUN Club at TSS despite bagged a Special Mention Award (Bronze) and many verbal mentions. There were four committees from our school and our students ensured getting verbal mentions in almost all of them.

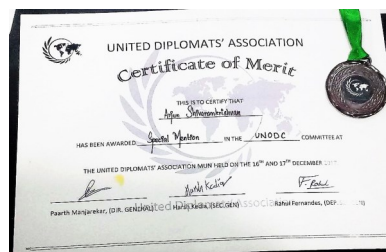
The students who made us proud are:

**Mst. Arjun Shivaramakrishnan - Special Mention (Bronze)**

**Mst. Priyansh Thakkar, Mst. Kushagra Zaveri, Mst. Dev Thakker, Mst. Aryaman Santosh - Verbal Mentions**

With this being a successful encounter with the more disciplined MUN Conferences we look forward at achieving much more in the conferences to come forth.

- *Text Inputs : Ms. Neha B (Teacher—TSS)*



Model  
United  
Nations

### What is MUN?

Model United Nations, also known as Model UN or MUN, is an extra-curricular activity in which students typically role-play delegates to the United Nations and simulate UN committees. This activity takes place at MUN conferences, which is usually organized by a high school or college MUN club.

At the end of most conferences, outstanding delegates in each committee are recognized and given an award certificate; the Best Delegate in each committee, however, receives a gavel. Thousands of middle school, high school, and college students across the country and around the world participate in Model United Nations, which involves substantial researching, public speaking, debating, and writing skills, as well as critical thinking, teamwork, and leadership abilities.





Beginning this edition, we present art & literary pieces created by our talented young stars.

## Flying High - Poem by Ms. Ariya Arukar (5B)

*I wish I could fly as high as possible,  
Till I reach the space and become invisible  
I wish I could fly as a bird, as high as I can,  
And I bet I shall.  
In my dream I get to the moon and halt,  
There I dance and pretend to be tall.  
I had so much fun there,  
Like now happiness I cannot bear.  
I also had a belt with "FEEL GOOD"  
written on it;  
And when I woke up this morning I had a  
smile on my face,  
Suddenly I saw the belt with "FEEL GOOD"*

*written on it,  
And happily my face's smile lit.*



## I am Unique ! - Poem by Ms. Pankti Gada (9A)



*I am different, I am  
Unique,  
This is what my mom  
once told me. So what  
if I am short,  
I am one in a lot.  
So what if I am tall,  
Beware, I can bounce  
you like a ball.  
So what if I am fat,*

*I am needed as a pin.  
So what if I am dark,  
Don't you know I am up to the mark ?  
I am different, I am Unique  
This is what my mom once told me.*

*Pity you—you can hold the big bat.  
So what if I am thin,*



## When His Holiness The Dalai Lama visited

The 14th Dalai Lama visited the school on 9th Dec 2017. This was his 4th visit to the SVV campus. It was indeed a blessed



morning for all of us at TSS to receive the divine grace and blessings from the Master. The entire school wore a festive look as he addressed the followers as part of the celebrations from Vidyaloke at the School Auditorium over 2 days.

The Dalai Lama addressed the school students on training the mind towards being compassionate, and serving

others with a genuine smile. He also spoke about the importance of discipline and training the mind. The concept of Karma (which is a creation of the mind, the Dalai Lama says) and mingling of modern science and religion in India was the other highlights of the short but effective interaction with the students. He also urged the younger generation to educate oneself in the ancient scriptures and rich knowledge of India.

The principal, Management Council members and the Trustees were



His Holiness the Dalai Lama pays respect before the statue of Shri. Shantilal Somaiya at the beginning of public talk at Somaiya Vidyavihar. Photo/Tenzin Phende/DIIR

part of this celebration. Some of the staff members also attended the general address held in the SVV campus later that week-end.

Pic Credits : TOI