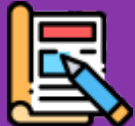




# WE ARE JMRES

Creativity | Thoughts | Expressions





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Dear Parents,

Greetings from JMRES!

It gives me great pleasure to welcome you to read this second edition of **WE ARE JMRES!**

As you know, this newsletter serves as a platform for Creativity, Thoughts and Expressions from our students/staff. We encourage our students to keep writing or sending their creative content for inclusion in this newsletter as their work will reach to a wider community of parents, students and other stakeholder for due recognition and appreciation!

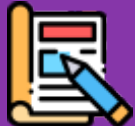
Taking our new initiatives ahead, we have initiated Corrections of students' work using Pink Pen as Psychologically Pink colour invites the students for reflection on their work instead of threatening impression of red colour; **IDEAS of JMRES** – a TEDx talk platform for staff members which we aim to take it to students in coming months; **EXIT Cards** systems for students- if a student has to go out of class for any reason, s/he will need to take teacher's permission & wear this EXIT card when outside of the classroom- only 2 such cards will be in every section ensuring that not more than 2 students are outside the classroom at a time; **CBSE games participation** – for the first time our school teams of Kabaddi and Athletics will be participating at the zonal CBSE games at Jalgaon and Kolhapur respectively; continuing our efforts of improving digital infrastructure, we will be installing 7 more **SMART Boards** in the secondary section classrooms to enhance the teaching learning quality; through these initiatives we aim to create a vibrant learning environment in the school which supports in holistic development of our children staying true to schools' values **RISE** – Resilience, Integrity, Synergy, Excellence!

More than a publication, **WE ARE JMRES** is a glimpse into the creativity, inspiration & impactful leadership which flows in the corridors of this institution apart from events/activities/happening of JMRES in the month of July.

Our student council members – Senate members of 2025-26 have taken the oath to support creation/sustenance of effective schooling experience by imbibing the required leadership skills in them. Cover page of this issue has a snapshot from the recent Investiture ceremony.

Every day, Every child, A Leader!

With Sincere Regards,  
Prashant Muley  
Principal  
principal@jmreschool.com



## ACADEMIC YEAR 2025-26

### Committee In-charge

Mrs. Krutika Gurav (In charge)  
Mrs. Sakshi Pawar (Sub In charge)

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#### Primary

Mrs. Smita Jadhav

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Sanvi Talvar (XI Science)

##### Assistant Editors

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Isara Patel (Grade IX)

##### Primary Editors

Yashraj Bhand (Grade IV)

Bhargavi Nagarkar (Grade IV)





Deepak M. Mane  
Vice Principal

Mr. Deepak M. Mane brings more than 30 years of rich experience in the field of education.

He holds a postgraduate degree in Physics and a B.Ed. from the Government College of Education, Belgaum (Karnataka). Additionally, he has completed a master's degree in education from the University of Mumbai.

He began his teaching career at LBS College, Satara, and Maratha Mandal Junior College, Khanapur (Belgaum). He then joined Aditya Birla Public School in Jafarabad, Gujarat, where he dedicated 14 years of service. Since then, he has been associated with J.M. Rathi English School and Junior College for the past 15 years, where he teaches Physics to Grades 11 and 12 and has been serving as the Vice Principal since 2015.

obtaining ISO certification for the institution. One of his proudest moments was receiving an award at the Children's Science Congress held at Nirma University, Ahmedabad (3rd–7th January 2005), where his students' model and project were selected. The award was presented by late Dr. A.P.J. Abdul Kalam, during his tenure as president of India in the esteemed presence of Shri. Narendra Modi, then Chief Minister of Gujarat and the current Prime Minister of India and Education Minister Mrs. Anandiben Patel. Mr. Mane has actively participated in and led students to success in numerous national and regional science programs, including seminars on remote sensing and national development, Inspire Science Camps organized by the Department of Science and Technology, and workshops hosted by the Physical Research Laboratory and ISRO during Science Day celebrations. His students have consistently performed well in Taluka, District, Zonal, and State-level science exhibitions. He is a certified internal auditor for ISO and has served as a Management Representative. Additionally, he holds a certification in Career Counseling.

Over the course of his dedicated service, he has taken on multiple key responsibilities, including serving as House Master, Examination Department In-charge, Discipline Committee Head, Academic Coordinator, Event Management In-charge, and Head of the Science Department, among others.

Mr. Mane's contributions have been recognized through various awards, including the Exceptional Achiever Award (2008), Special Appreciation Awards (2016–17 and 2018–19), and a letter of appreciation for organizing the 6th West Zonal Meet of Aditya Birla Public Schools. He has actively participated in various professional development initiatives, including a six-day workshop on Enhancing School Effectiveness at Gyanodaya, Mumbai, and academic seminars held in Anand, Gujarat. Additionally, he contributed to an adult education program, where he visited villages to promote and support literacy efforts.

Mr. Mane continues to inspire young minds with his passion for teaching, his dedication to academic excellence, and his commitment to nurturing future leaders. His journey reflects not only his expertise in Physics but also his unwavering belief in the transformative power of education. He remains devoted to fostering a learning environment that encourages curiosity, critical thinking, and holistic development in every student.

*"Education is not the learning of facts, but the training of the mind to think."*

– Albert Einstein



Piedade Agnelo D'Souza  
**Headmistress**

*"Education is not just about filling minds but about shaping hearts and futures."*

With an unwavering passion for teaching and learning, Mrs. Piedade Agnelo D'Souza has dedicated over 36 years to the noble field of education, including 31 years of distinguished service at JM Rathil English School (JMRES). Her journey, which began in the classroom, has evolved into a role of leadership that continues to inspire students, staff, and the entire school community.

A graduate in Arts (B.A.), holding both a Bachelor of Education (B.Ed.) and a Master's in Education (M.Ed.), Mrs. D'Souza has taught students from Grades I to X. As a Secondary English teacher, she was widely respected for her academic excellence, consistently achieving 100% results in Board Examinations.

Her expertise extends beyond the classroom as a curriculum developer, particularly in designing the Pre-primary syllabus with a strong focus on child-centric learning. Her commitment to quality was evident in her role as ISO Management Representative, where she streamlined academic and administrative processes. She further completed the ISO Auditors Course by Bureau Veritas (2006), a rare accomplishment in the education sector.

Dedicated to holistic student development, Mrs. D'Souza also holds a certified qualification in Career Counseling, guiding learners beyond academics toward personal and career growth. She has served as Headmistress from 2006–2013 and 2016 to the present, leading with compassion, clarity, and purpose. Known for her punctuality, efficiency, and ability to meet deadlines, she is recognized for her skill in designing effective academic formats and systems.

Her leadership also extended to the "Tuesdays for Tomorrow" platform, where she showcased best practices at JMRES, cultivating a culture of innovation and excellence. A philanthropist at heart, Mrs. D'Souza is also a Lay Associate, committed to uplifting underprivileged children, taking the mission of education beyond the school walls.

*"As I look back, I feel proud to have grown with my students. As I look ahead, I remain committed to nurturing young minds with the same passion that started this journey. Education is not a profession—it is my purpose."*





## An Interview with Our Esteemed Chairman

We, the Editor Saanvi Talwar and the Head Boy Rishabh Jain, were bestowed with the distinct privilege of sitting down with Mr B.N. Kadam, the esteemed Chairman of JM Rathil English School and Junior College. Mr Kadam also serves as the Vice President of Special Projects at Sudarshan Chemicals, the parent institution of JMRES. With an incredible 46-year journey at Sudarshan Chemicals, he began his career as a supervisor after pursuing a science degree. His story is a testament to continuous growth; he never stopped learning, going on to pursue his law degree from the renowned Symbiosis Law College, Pune, and subsequently earning his Master's from the same institution. He also completed his post-graduate studies in Corporate Social Responsibility, further demonstrating his commitment to holistic development. With his remarkably vibrant approach to life and leadership, we eagerly sought his guidance and wisdom.

**1. Could you please describe your career progression and the path that led you to your current role as Vice President Special Projects?**

"My career at Sudarshan Chemicals spans an enriching 46 years. I initially joined as a supervisor after completing my science degree, which laid the foundational understanding for the chemical processes. My journey involved continuous learning and adapting to diverse roles within the organization. This commitment led me to pursue a law degree and later a Master's from Symbiosis Law College, Pune, followed by a post-graduate qualification in Corporate Social Responsibility. This continuous educational pursuit, combined with varied practical experiences, ultimately shaped my progression to the role of Vice President Special Projects."

**2. What do you enjoy most about working in the chemical industry?**

"My journey in the chemical industry began as a chemist for approximately two to three years, before transitioning to production, where I spent five to six years. What has consistently fuelled my passion for this industry is the diversity in work and the opportunity for constant learning. Every day presents new challenges and avenues for innovation. To ensure that this passion remains vibrant, particularly for young professionals, I strongly prioritize time management and meticulous planning. This approach helps maintain a non-hecktic and non-draining work experience, which I believe is crucial for sustained engagement and preventing burnout."

**3. Can you describe your leadership style and how you motivate a team?**

"My leadership philosophy is centred on empowering individuals. I firmly believe it is crucial not to be controlling. Instead, I advocate for providing team members with the freedom to express their ideas and perspectives. My role is to help them develop their ideas, rather than simply dictating tasks. By entrusting them with significant responsibilities and ensuring accountability for their work, individuals are motivated to take ownership, innovate, and contribute their best."

*Continue to next page...*



4. What are some of the biggest challenges you have faced as Vice President Special Projects, and how did you overcome them?

"Throughout my career, two major challenges stand out. The first occurred in 2008, when our production activities were completely halted due to a strike by contract labourers. This severely impacted our economy, leading to no sales and disrupted livelihoods for employees.

We handled this with a blend of care and firmness, seeking legal assistance from government and local institutions to mediate and successfully resolve the issue.

The second significant challenge was navigating the COVID-19 wave in 2019. Fear was prevalent, leading to a halt in all activities as people were hesitant to come to work. I personally took the initiative to transform our company into a safe zone, implementing rigorous safety protocols. Crucially, I engaged with our workforce directly, building trust and convincing them to resume operations, which ultimately proceeded smoothly.

This experience powerfully demonstrated how compassion and trust-building are indispensable qualities for effective leadership, as our workers placed their faith in me during truly dangerous times."

5. What are your thoughts about this school initiative for a monthly newsletter?

"I commend the school for initiating a monthly newsletter. It is a vital tool for fostering a more informed JMRES community. Such a publication plays a crucial role in keeping students, parents, and faculty updated on school activities, achievements, and important developments. Furthermore, it helps make the school livelier and encourages quicker involvement of children to display their art and talents, fostering a vibrant and engaged environment within the institution."

6. Would you like to share your success mantra with our students?

"My success mantra for students is quite simple: prioritize planning and time management. These are fundamental tools for navigating both academic and personal challenges effectively. More importantly, always remember to enjoy the journey. School teaches you far more than just academic subjects; it provides invaluable lessons on how to learn through experiences, shaping you holistically for life ahead."

7. According to you, which are the habits/competencies which students should possess?

"I believe students should cultivate three essential habits and competencies: honesty in all their dealings, unwavering confidence in their abilities, and most importantly, striving to be a good human being. These qualities form the bedrock for not only academic and professional success but also for leading a fulfilling and impactful life."





8. What are your final words of encouragement or advice to our students as they move ahead in their academic and personal life?

"My final words of encouragement are to truly enjoy the journey you are on. Embrace every learning opportunity and experience. Always remember that you have a greater purpose: to serve society, serve the nation, and ultimately, be a good citizen. Your education and personal growth are not just for individual gain, but for contributing positively to the world around you."

9. Any words of advice to parents?

"To parents, my advice is that your profound job extends far beyond simply making your children academically smart. While grades are important, it is equally, if not more, crucial to inculcate good habits like kindness and compassion. Your primary role is to mould them into good human beings, rather than just individuals focused solely on academic achievements. A well-rounded character, rooted in strong values, is the greatest gift you can give them for a successful and meaningful life."



"We extend our deepest gratitude to Mr Kadam for generously sharing his valuable time and profoundly inspiring words with us. His insights offer invaluable guidance and motivation to our entire school community."



### A SALUTE TO THE ETERNAL TEACHER: CELEBRATING GURU TATTVA

Jai Gurudev!

Today, on this auspicious occasion of Guru Pournima, allow me to begin with a question Why do we need a Guru at all? I'm confident each of us holds the answer deep within. If I were to pose this to any one of you, I'm certain you'd offer a truly brilliant response. Wouldn't you?

Now, let me pose another question who has nurtured this brilliance within you? While your intelligence is inherently yours, who acted as the catalyst, transforming that raw intelligence into gleaming brilliance? A Guru is precisely that guiding force – the one who intentionally crafts meaningful opportunities for you, enabling you to transmute your potential into stellar performance.

We often invoke the profound words, "Krishnam Vande Jagat Guru" – "Salutations to Krishna, the Guru of the Universe." And perhaps this Jagat Guru is the sole reason we celebrate Arjuna, the legendary archer, even today. Krishna didn't merely instruct Arjuna; he ignited his potential, propelling him to unparalleled performance on the grand battlefield of life.

Before we delve deeper, let's embark on a moment of profound gratitude. I invite all of you to close your eyes for a brief while. Bring to mind every Guru you have encountered throughout your life – those luminous figures who have sculpted you into the person you are today.

Now, let those memories crystallize: the first hands that held yours, your parents, your family; your kindergarten teachers who patiently guided your first shaky letters; the teachers through primary and secondary school who laid the foundations of knowledge; those who ignited your passion for a sport, teaching you to wield a bat or score a goal; and, most importantly, those who extended beyond textbooks, imparting invaluable life lessons on navigating the world.

Remember your teachers of today, who continue to shape your journey. And remember your friends – for a Guru isn't confined by age. The friend who taught you to laugh, who brought a genuine smile to your face, is also a Guru in their own right.

As we express gratitude to all the incredible gurus who have graced our paths so far, let us also extend our thanks to the myriad remarkable gurus we are yet to encounter in life.

Now, whenever you feel comfortable, let's open our eyes to this boundless gratitude. I wouldn't limit this acknowledgment to the individual brilliance of these Gurus alone, but rather attribute it to the supreme Guru Tattva – the universal grace that radiates through anyone who stands before you, imbued with the pure, selfless intention to give having established the indispensable role of gurus in our lives, I still have a lingering question for you. Why exactly do we celebrate Guru Purnima? If the very essence of a Guru is to impart, and the purpose of a Shishya is to receive, then why dedicate a specific celebration to it? And why, of all nights, on a full moon?

Naturally, if you were to consult an AI like ChatGPT, it might tell you it's the birthday celebration of Maharishi Ved Vyasa. Delve a little deeper, and you'd discover it's also the day Maharishi Ved Vyasa commenced the monumental task of writing the great epic, the Mahabharata. While these historical facts are indeed significant, let's uncover the deeper essence of this sacred day. Today is neither solely a celebration of the guru, for we honor them in every breath we take, nor exclusively a celebration of the Shishya, for a Shishya is celebrated each moment they surrender themselves to the Guru's wisdom.

This day, in its truest spirit, is a profound celebration of gratitude – a vibrant homage to that universal grace that inextricably binds the Guru and the Shishya. It is a day to acknowledge and revere the sacred connection, the ceaseless flow of profound wisdom from the benevolent giver to the receptive receiver.

So, what precisely are these celebrations truly about?

Guru Pournima, also revered as Vyasa Pournima, is a day steeped in rich history and profound spiritual significance. This hallowed day is dedicated to Maharishi Veda Vyasa, the venerable sage who painstakingly compiled the Vedas, authored the monumental Mahabharata, and penned the timeless Puranas. His immense and enduring contribution to ancient Indian scriptures and philosophy solidifies his status as the original Guru – the ultimate purveyor of knowledge for the betterment of humanity. It is believed that on this very day, he embarked upon the epic task of writing the Mahabharata.

The significance of Guru Pournima transcends mere historical observance. It is a day to acknowledge the pivotal role that gurus, or teachers, play in shaping our lives and societies. In Indian tradition, a guru is far more than someone who simply imparts academic knowledge; they are a spiritual guide, a sagacious mentor, and a radiant beacon of light who helps us navigate life's intricate labyrinth, overcome formidable challenges, and ultimately realize our inherent potential. Throughout the annals of Indian history, the Guru-Shishya tradition has stood as the very cornerstone of education and spiritual evolution. Our ancient scriptures and epics are replete with enthralling narratives of exemplary gurus whose unparalleled wisdom and unwavering dedication not only transformed their disciples but, in turn, profoundly shaped entire civilizations.

*Continue to next page...*





Consider Dronacharya, the royal guru to the Pandavas and Kauravas in the Mahabharata. His unparalleled skill in archery and warfare, coupled with his unwavering commitment to his students, cemented his place as a legendary figure. Though his narrative is complex, his role as a teacher who imparted immense knowledge is undeniable. Then there's Parshurama, the sixth avatar of Vishnu, a formidable warrior-sage and a revered guru who imparted his profound knowledge to many great warriors, including Bhishma and Karna, showcasing a rare confluence of spiritual mastery and martial arts expertise.

Next, the great Vishwamitra, who, through arduous penance and unyielding determination, ascended to become a revered sage and the revered guru to Lord Ram and Lakshman. He not only bestowed upon them divine weaponry but also instilled invaluable life lessons and spiritual wisdom, meticulously preparing them for their grand and destined missions.

And of course, Chanakya, also known as Kautilya, the brilliant strategist and philosopher who masterfully guided Chandragupta Maurya in establishing the sprawling Mauryan Empire. Chanakya's timeless teachings on statecraft, economics, and warfare, meticulously encapsulated in the Arthashastra, continue to resonate and remain profoundly relevant even today. He stands as a towering example of a guru who not only imparted knowledge but also empowered his disciple to ascend to become a truly great leader.

These are but a few shimmering instances that illuminate the profound and transformative impact a guru can wield. From time immemorial to the present day, gurus have consistently served as the torchbearers of knowledge, wisdom, and virtue, tirelessly striving to uplift individuals and entire communities.

In India, Guru Purnima is celebrated with immense devotion and fervent enthusiasm. Disciples often undertake pilgrimages to visit their spiritual gurus at ashrams and temples, seeking their invaluable blessings and offering 'Guru Dakshina' (a traditional offering of heartfelt gratitude). They participate in special pujas and ceremonies, many observe fasts, engage in deep meditation and sacred chanting, and attend satsangs (spiritual discourses) to fully immerse themselves in the profound wisdom of their teachers. It's a day when devotees reaffirm their unwavering commitment to their spiritual journey and express profound respect for those who guide them towards enlightenment. Even academic students visit their teachers to offer their heartfelt gratitude, solidifying the timeless and unbreakable bond between teacher and student across all domains of knowledge, and that, my friends, is precisely what we are doing right now!

This deep appreciation for educators, this profound recognition of their invaluable contribution, is not unique to India; it reverberates across cultures and continents. From South Korea, where students tenderly offer carnations, to Thailand, where disciples humbly kneel and present symbolic tributes, and in China, where students show reverence through bows and flowers, the profound respect for teachers is a universally cherished sentiment. Even in the United States and Canada, Teacher Appreciation Week sees heartfelt thank-you notes and thoughtful gifts, while in Mexico, vibrant cultural events celebrate the teacher's vital role. These diverse traditions, though varied in their outward expression, all share a common thread: an intrinsic recognition of the invaluable role teachers play in nurturing young minds and shaping future generations.

They serve as powerful reminders that the act of giving and receiving knowledge is a sacred exchange, truly worthy of grand celebration and heartfelt thanks, no matter where you are in the world.

Now, since we have explored why we need Gurus, understood the profound essence of Guru Purnima, and witnessed how this sacred connection is celebrated across the world, let me conclude with a pivotal question for each of you: Where will you channel this invaluable knowledge you have gained?

Today is not just about remembrance; it's about embodiment. Here is an invitation, a solemn pledge we can make together. Let us strive to be perpetually conscious of this divine Guru grace being bestowed upon us each and every moment – the blessings, the lessons, the profound insights that shape our existence. Let us truly embrace a mind-set of boundless gratitude, allowing it to emanate visibly through our interactions with all the gurus, mentors, and guides who cross our paths.

And most importantly, as we each progress on our unique life journeys, let us collectively embark on this noble path of being a Guru ourselves for those who may seek guidance, wisdom, or a helping hand in their own lives. For indeed, the truest tribute we can offer to a Guru is when we, you and I, walk on this very path of becoming one ourselves – when we pay it forward. If you are with me in this resolve, hands in the air! And with hearts full of reverence and hands folded in humility, let us together chant a sacred conclusion for today, a timeless invocation to the ultimate source of all wisdom.

Thank you, my dear friends and revered teachers!

Saanvi Talwar

Grade XI Science



### WE RISE AGAIN

Sometimes we break, sometimes we bend,  
But we get up again, my friend!  
Resilience is in our scars,  
It's how we reach the stars.  
We speak our truth, we stand up right,  
Integrity means sleeping light,  
Cause we know, deep down inside,  
We did what's fair, with zero pride.  
We're stronger not just on our own,  
Synergy means we've all grown.  
Laughing, learning side by side,  
Different hearts, one common stride.  
And no, we aren't perfect, we never claimed to be,  
But we chase excellence, endlessly.  
Not to win, not just to shine,  
But to grow, fail and still call it mine.  
We fall. We rise. We try again.  
That's how we live. That's how we R.I.S.E, my friend!

**Aastha Vira**  
**Grade XI Science**

### BOOK REVIEW

Book Name – Here ,There and Everywhere

Author – Sudha Murty

It's a fantastic and must read book. The book has 22 chapters. She has written about her own experiences. I recommend the first chapter "A Tale of Many Tales" for parents to read. It's on a positive parenting. Overall the book is in the story form. It teach or tell us importance to Indian culture , moral values and not to depend on materialistic things to be happy. Book is available in our school library, Go for it.

**Netra Deshmukh**  
**Librarian, JMRES**

### AFS INTERCULTURAL PROGRAMS

AFS Intercultural Programs is a global non-profit providing youth with opportunities for exchange, cultural immersion, and developing global citizenship competencies in over 50 countries. Our school is a newly affiliated AFS member for 2025–26, engaging in AFS's mission to foster intercultural understanding and support the UN's Sustainable Development Goals. AFS Activities and Opportunities in 2025. AFS runs exchange programs, intercultural learning initiatives, and volunteer opportunities for students, educators, and host families, including both physical and virtual participation.

Featured 2025 initiatives include:

Exchange programs to 100+ destinations, virtual exchanges, and family hosting.

Scholarships and educator resources for global citizenship.

Major events like the AFS Youth Assembly, connecting young leaders worldwide.

Special programs like the Global STEM Academies, offering scholarships for study and cultural projects in STEM and sustainability across several countries.

School Activity Highlight: June 2025

Region Activity June 2025 an Essay writing competition for Std IX–XII students, with two topics:

"A World without religion – Reflect and Re-Imagine."

"Truth unfiltered – Business in a World Without Lies."

Students participated

1.Rajeshwari A Bansode – XI Commerce

2.Prachiti S Deshmukh – IX

3.Samiha I Dabir-XII

4.Saptak A Aron- XII

5 Sara P. Kaulkar- XII

6 Sanvi A Talwar – XI Science

Their essays were selected and uploaded on the AFS online platform.





Today, we celebrated Father's Day with joy, giggles, and special memories!

Dads and kids crafted crowns together, played fun games, and shared heart-touching moments in our Voice of Love activity — where fathers recognized their children by just a touch.



Std. III students celebrated Bagless Day with enthusiasm and creativity through various hands-on activities.

The day began with Prayer and Mandala Yoga, followed by an exciting quiz session, clay modeling (insect making), and fun-filled indoor games. A "Fun with Science" session further sparked curiosity and innovation among the students.

The day concluded with a story circle, outdoor exploration, and reflection, where students shared their learning experiences. "Learning is most effective when it is not confined to books but experienced through joy and creativity."

The event was well-coordinated, ensuring a perfect balance of fun and learning.







## BAGLESS DAY

Grade II students enjoyed a joyful Bag less Day filled with excitement and creativity! They began the day with energizing Zumba and confidently participated in Freeze and Speak. Story narration brought their imaginations to life through expressive tales. Students built impressive towers, showing teamwork and innovation. The “My Dream Land” collage reflected their hopes through colors and art. Recreation games added fun, laughter, and team spirit. It was a perfect blend of learning.



## EXPLORING MAGNETS

On 28 July 2025 students of Grade VI presented different creative things using magnets like maze , hanging coin's chain, cars moving by attraction and repulsion of bar magnet etc.



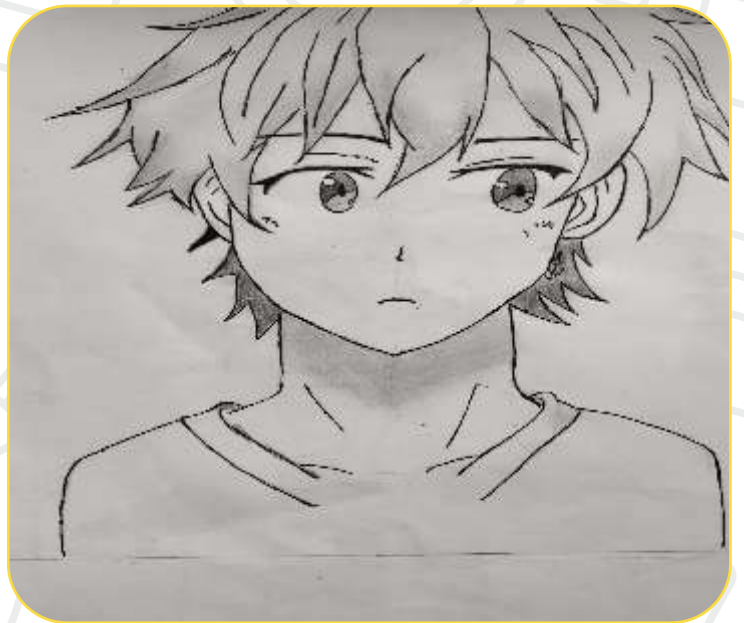
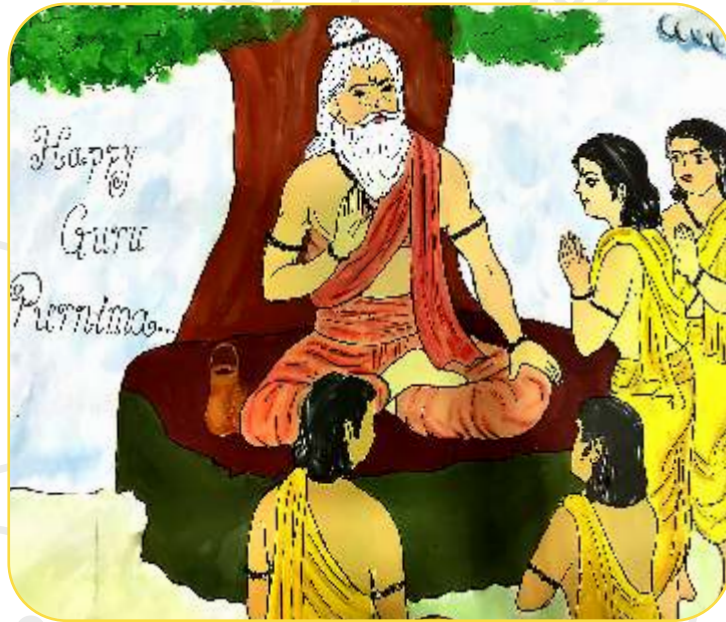
















## IX B SPECIAL ASSEMBLY

Grade IXB conducted an engaging special assembly on July 10, 2025, highlighting the crucial importance of water conservation. Students actively participated, delivering a compelling PowerPoint presentation that covered the significance of water, common causes of wastage, and practical preventive measures. The session featured an interactive Q&A segment, fostering awareness and encouraging responsible water usage among students. The assembly was both informative and well-received, promoting a valuable cause.



## IV C SPECIAL ASSEMBLY

On 14th July, students of Class IVC presented an engaging session on "Importance of Balanced Diet." Through charts, role-plays, and clear explanations, they highlighted the need for including all essential nutrients in our daily meals and avoiding junk food. The presentation was informative, creative, and well-received by both teachers and students. It successfully spread awareness about healthy eating and the benefits of a balanced lifestyle.







## X C SPECIAL ASSEMBLY

On 09/07/2025, Grade X-C conducted a special assembly on the topic "Impact of Excessive Sugar Intake" under SDG Goal 3 – Good Health and Wellbeing. The objective was to raise awareness about hidden sugars in everyday snacks and beverages through an engaging drama and a PowerPoint presentation. The students highlighted the harmful effects of excessive sugar consumption and encouraged healthier eating habits. The assembly was impactful, informative, and successfully encouraged students to make more mindful food choices.



## IX A SPECIAL ASSEMBLY

The special assembly on Van Mahotsav was conducted by Grade IX A, to spread awareness about the importance of trees and environmental conservation.

Students presented a short skit highlighting the need for tree plantation and importance of 3R's. The assembly concluded by conducting a short MCQ quiz for the students.







## IX C SPECIAL ASSEMBLY

On July 24, 2025, Grade IX C students performed a special assembly focused on the sustainability goal of 'Quality Education', specifically highlighting the 'Adverse Effects of Mobile'. Students presented a small skit in three scenes that concluded with a thought-provoking message encouraging students to detox from mobile phones. The primary objective of this assembly was to inspire students to prioritize their own work, nurture their hobbies, and reconnect with nature.



## MUHARRAM – HONOURING THE LEGACY OF TRUTH AND JUSTICE

A special morning assembly was held to observe Muharram. A student shared the significance of the day, focusing on the values of truth, kindness, and justice shown by Imam Hussain. Mrs. D'Souza, the Headmistress, addressed the students with a brief message. She explained the meaning of Muharram and its importance in promoting noble values. She encouraged students to be truthful, kind, and fair in their daily lives. The assembly ended with a silent reflection on the message of peace and righteousness.







## COOKING CLUB

Grade III students had a delightful time during the Cooking Club activity as they explored grating and crushing techniques. Under proper guidance, they learned these basic kitchen skills with great enthusiasm. The hands-on experience made learning fun and helped build confidence in using everyday tools safely. It was a joyful and engaging session for all!



Grade V students participated in a fun and educational Cooking Club activity where they prepared Dadpe Pohe, a traditional Maharashtrian snack. The session was filled with excitement as students collaborated in groups, learning the importance of teamwork and basic culinary skills. The hands-on experience not only helped them appreciate the flavors of regional cuisine but also encouraged confidence and creativity in the kitchen. It was a delightful and memorable experience for all!







## SOCIALLY USEFUL PRODUCTIVE WORK (SUPW) CLUB

As part of the Socially Useful Productive Work (SUPW) Club, students at JMRES showcased their creativity by making door mats from old and unused cloths. This hands-on activity taught them the value of recycling and how everyday waste can be transformed into something useful.

It was a fun and educational experience that encouraged sustainable thinking and boosted their creative skills.



## YUVA TOURISM CLUB – COLLAGE ART ACTIVITY

On July 5, 2025, the Yuva Tourism Club of J.M. Rathi English School & Junior College held a collage art activity featuring Chhatrapati Shivaji Maharaj, Bhagat Singh, and Subhash Chandra Bose. Around 90 students participated enthusiastically, creating impressive artworks under the guidance of their drawing teacher. The event was both creative and enriching for all involved.







## BOARD GAMES CLUB

In the first week of July, Std VII A, B, and C students gathered during the 5th and 6th periods for a lively board games session. Divided into four houses, students enjoyed playing Carom, Chess, Ludo, and Snake & Ladder. The event was full of fun, learning, and discipline, with everyone enthusiastically participating and discovering new strategies in each game.







## ISO SURVEILLANCE AUDIT

THE ISO Surveillance Audit By BVC was successfully conducted on 23/06/2025

The External Auditors : Mr. Kapil H and Mr. Sagar K, audited different processes and concluded with positive feedback , highlighting our school's dedication to continuous improvement and effective Quality Management.



## ELECTION 2025-26

Election in JMRES has been glorious tradition for years. JMRES has been trying to develop overall Personality of students. Leadership qualities are nurtured by conducting elections for Student's Senate. Free and fair election are conducted every year. This year too election were conducted in two Phases that is 1st July & 4th July. Students elected their leaders.







## CAPACITY BUILDING PROGRAM ON ARTIFICIAL INTELLIGENCE IN CLASSROOMS

On July 26, 2025, J M Rathi English School and Junior College, hosted a Capacity Building Program on "Use of Artificial Intelligence in Classrooms." Resource persons Mr. Avinash Kulkarni, Principal of Loknete Ramshet Thakur Public School Raigad, and Ms. Shipra Gupta, PGT at Vibgyor High Kharghar, shared insights on integrating AI into teaching practices.

The program focused on effective use of AI tools, practical applications, and strategies for educators to enhance student engagement and learning outcomes.



## BOOK OF THE MONTH

Month – June 2025 Subject- English

Grade	Div /Stream	Name Of the Student
V	A	Ovi Patil
V	B	Siya Dubey
V	C	Dhyanada Ustare
VI	A	Samnvi Bhaware
VI	B	Sarvesh Jadhav
VI	C	Manasvi Bhayade
VII	A	Viha Jain
VII	B	Sukanya Kapse
VII	C	Rishid Sanap
VIII	A	Vidhi Pongade
VIII	B	Siddhi Ingale
VIII	C	Swara Patanwala
IX	A	Swarangi More
IX	B	Reem Chogale
IX	C	Aayush Kagada

Grade	Div / Stream	Name Of the Student
X	A	Kaivalya Benkhale
X	B	Charan Shirke
X	C	Aastha More
XII	Science	Samiha Dabir
XII	Commerce	Isha Jain

*Congratulations*



## BOOK OF THE MONTH

Month – July 2025 Subject- Marathi / Sanskrit / Hindi / Physics / Accountancy

Grade	Div / Stream	Name Of the Student
V	A	Tirtha Potphode
V	B	Anvit Deshmukh
V	C	Devansh Vandre
VI	A	Mrunal Gaikwad
VI	B	Aradhya Ambike / Sarvesh Jadhav
VI	C	Smit Pimpalkar
VII	A	Prachiti Mhaske
VII	B	Ishita Mohite
VII	C	Akshata Polkar/ Tanishka Kharade
VIII	A	Vedant Palav
VIII	B	Sushmita Kumroatkar
VIII	C	Arya Waikar
IX	A	Nidhi Chalke / Rutika Patil
IX	B	Viram Jain
IX	C	Viditi Patil

Grade	Div /Stream	Name Of the Student
X	A	Shivakshi Jadkar
X	B	Kush Bhati / Varad Shelke
X	C	Om Naik
XI	Science	Rutuja Shinde
XI	Commerce	Rishabh Jain
XII	Science	Siddhi Shinde / Gayatri Jadhav
XII	Commerce	Diksha Dhande



## GYANGANGA BAHUVIKLANG SANSTHA - FEEDING MY FUTURE- ESSAY COMPETITION

How Will I Be Feeding Myself When I Am 35 Years Old?

The question of how I will be feeding myself when I am 35 years old might seem simple on the surface. But in reality, it is deeply tied to the future of our planet, the health of our environment, and how humanity responds to growing global food challenges. With the increasing impact of global warming, deforestation, and soil salinity, food security is no longer just a concern for farmers or scientists—it is a personal concern for every individual, including myself.

As I look ahead to my future, I can't ignore the harsh reality of global warming. Rising temperatures are changing rainfall patterns, leading to droughts in some places and floods in others. Crops that once grew easily in certain regions may no longer survive in those climates. For example, wheat, rice, and maize—our major staple crops—are already showing signs of stress due to heat and unpredictable weather.

Deforestation is another major concern. Every year, vast areas of forest are cleared to make way for agriculture or urban development. While this might temporarily create farmland, the long-term damage is immense. Forests play a crucial role in regulating the climate and preserving the water cycle. Without them, the land becomes more prone to erosion and loses its natural fertility. This ultimately leads to lower crop yields and the loss of biodiversity.

Soil salinity, caused by over-irrigation and poor agricultural practices, is silently damaging arable land. Salty soil makes it harder for plants to absorb water, leading to stunted growth and reduced harvests. Countries like India, Pakistan, and parts of Africa are already seeing the effects. If these trends continue, millions of hectares of farmland could become useless in the next couple of decades.

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Given these challenges, food scarcity is becoming a real threat. By the time I am 35 years old, the global population is expected to cross 9 billion. Feeding such a large population will require more than traditional farming techniques. We will need innovative ways to grow and source food. One promising approach is vertical farming. This involves growing crops in stacked layers, often in controlled indoor environments. It uses less land, water, and pesticides, making it ideal for cities where space is limited. I imagine myself buying fresh vegetables grown in a nearby vertical farm or even growing my own herbs on a small balcony garden using hydroponics—a method of growing plants without soil.

Another exciting area is lab-grown or cultured meat. This process involves growing meat from animal cells in laboratories, reducing the need for livestock farming, which is one of the largest contributors to greenhouse gases. While cultured meat is expensive today, it might become a regular part of my diet in the future, helping me enjoy protein-rich food without harming the environment.

As a conscious citizen and consumer, I will have a role to play in fighting food insecurity. First, I plan to make responsible food choices. This includes reducing food waste, buying local produce, and supporting sustainable farming practices. Currently, a huge amount of food is lost between the farm and our plates due to poor storage, transportation, and consumer habits. Being mindful about how much I buy and how I store it can make a significant difference.

Second, I want to contribute to food security by learning and spreading awareness. Whether I pursue a career in agriculture, science, education, or technology, I can work toward solutions. For example, I might support startups that use artificial intelligence to monitor soil health or use drones to improve farming efficiency. I may also choose to volunteer in community gardens, where people grow their own food and share with others—promoting local resilience. Furthermore, I could play a role in policy advocacy. By engaging with government or non-governmental organizations, I can push for policies that protect farmers, encourage organic and regenerative farming, and invest in agricultural research. Governments need pressure from informed citizens to take food security seriously.

When I am 35, feeding myself will involve more than just eating—it will be about making informed decisions in a rapidly changing world. I envision a future where my diet will be more diverse, including plant-based proteins, lab-grown meat, and vegetables grown in my own kitchen garden or sourced from urban farms. Technology will help me track where my food comes from, ensuring it is ethically produced and environmentally safe. But feeding myself will not just be about convenience or taste—it will be about responsibility. If I want a world where everyone has enough to eat, I must do my part to reduce food waste, support innovation, and care for the planet. It will be about community as well—sharing knowledge, helping others grow food, and making sure that no one is left behind.

In conclusion, the way I will be feeding myself when I am 35 will be shaped by the choices I make today and the challenges we face as a global society. With climate change, deforestation, and soil degradation threatening our food supply, I must embrace sustainable habits and new technologies. More importantly, I must be part of the global effort to ensure food security—not just for myself, but for future generations.

**Siddhi Atul Ingale**  
**Grade - VIII**

## How Will I Be Feeding Myself When I Am 35 Years Old?

As I look ahead in future -perhaps 10 to 15 years from now-many changes from every aspect- geographical, environmental, economical, social and what now! - will be reshaping our planet. When I imagine myself at 35, I not only think about what kind of job I'll have or how big my house will be but also about how I am going to feed myself. Will my diet be healthy and sustainable? Will my dinner be a plate full of lab grown veggies, chemically infused fruits or a salad grown on my rooftop garden? This answer depends upon how our Earth changes in upcoming years. By the time I am 35 years old, how I feed myself may look very different from how I eat today. The way we grow, access and consume food is changing due to environmental issues like global warming, deforestation, soil infertility and water pollution. These threats are rapidly transforming the traditional ways of agriculture, food access, and safe nutrition. Yet within these challenges also lie powerful opportunities for innovation and sustainability.

Global warming is already making a serious impact on how and where food can be grown. Rising temperatures are leading to increased droughts, more erratic rainfall and spread of pests. These problems affect crop production in many areas world wide.

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Unpredictable weather patterns, water scarcity and soil erosion due to floods caused by heavy rainfall, are making it harder to grow good quality crops and trees. Deforestation, done to make space for agriculture, is destroying our biodiversity. It reduces earth's capacity to absorb carbon dioxide, further contributing to climate change. Soil salinity caused by over-irrigation, rising sea levels and use of excessive chemical fertilizers and pesticides, is turning a productive land which can be used for harvesting into a barren land which is now of no use. Some studies estimate that crop yields could decline by up to 25% in the hardest hit regions due to soil salinity and extreme weather events.

These issues lead us towards a future where food scarcity could become common. What once was taken for granted – a bowl of rice, a loaf of bread, a piece of fruit – might become expensive and hard to get. There can be a lack of nutritious and safe food.

However, necessity breeds innovation, farmers, researchers and environmentalists are already developing new ways to produce food that are more efficient and sustainable. Vertical farming is one of the most promising solutions. It is growing crops indoors in stacked layers using hydroponics and aeroponics. These systems use significantly less water and land and are not subject to outdoor weather conditions. By that time, I expect the majority of farmers will be using regenerative agricultural practices like crop rotation, organic fertilizers, reduced use of fertilizers, multiple cropping, greenhouse farming etc. Innovations such as precision farming and agroforestry will also become more widespread. Traditional farming methods should be preserved too. They may show the desired outcome slowly but don't have any kind of side effects.

These practices align with Sustainable Development Goals such as Goal No. 2 : ZERO HUNGER, which calls for ending hunger, achieving food security and promoting sustainable agriculture. We can support local farms and be a part of a solution that helps feed people without destroying the planet. Also SDG 12: RESPONSIBLE CONSUMPTION AND PRODUCTION urged to reduce waste and use resources efficiently.

Technology will too play a vital role. Drones will monitor crop health. AI can help predict weather and pests. Robots can be used in the whole process of production.

While government and industries will be essential in addressing food insecurity, individuals like me also have a significant role to play. I hope to grow some of my own food in my backyard. I also expect to be more conscious of food wastage. This is one of the fastest ways to improve food availability. I plan to be a part of a generation that treats food with respect. Education will also be a part of my role whether through a career in food policy or simply as a citizen with a voice. Also, my generation is much more connected to social media. We can become aware of others through it. I will volunteer with NGOs that help reduce hunger. The point is – I don't just want to eat well at 35 but want to live in a world where everyone can. After all, feeding myself isn't about survival, but about choosing a future where food is safe, fair, sustainable and accessible to all. Through personal choices, innovation and shared commitment to the SDGs, I believe we can create a future where everyone, everywhere can eat well – at 35 and beyond.

**Pia Vaibhav Sontakke**  
Grade – IX

## How Will I Be Feeding Myself When I Am 35 Years Old?

As I think about my future, I wonder how I will be feeding myself when I am 35 years old. The world is facing big challenges like climate change, deforestation, and soil problems that affect food production. Climate change is causing droughts and floods, which hurt crops. Deforestation is clearing forests for farming, leading to loss of biodiversity and more greenhouse gases. Soil salinity is making soil less fertile, reducing crop yield.

New ways to obtain food are addressing these issues. New methods are emerging, such as vertical farming, which grows crops in vertical layers, often in cities, reducing land use and environmental impact. Hydroponics and aquaponics grow crops without soil, using nutrient-rich water, reducing water waste and land degradation. Insect farming, which raises insects like crickets for protein, requires less land and water than traditional livestock. Algae farming grows algae for food, feed, and biofuels, providing a sustainable source of nutrition.

My role is to contribute to food security. I can do this by supporting sustainable practices, buying locally sourced and organic produce, reducing food waste, learning about innovative technologies and methods for sustainable food production, raising awareness, and participating in local food initiatives like community gardens.

Ensuring food security requires a collective effort. By adopting sustainable practices, innovating, and working together, we can build a more resilient food system for the future.

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As I ponder the question of how I will be feeding myself when I am 35 years old, I am compelled to consider the broader implications of food security in the face of global challenges like climate change, deforestation, and soil salinity. The world is undergoing rapid changes that are affecting food production, distribution, and access.

The impact of global warming, deforestation, and soil salinity on food production is significant. Global warming is one of the most pressing issues of our time, with far-reaching consequences for food production. Rising temperatures and altered precipitation patterns are leading to more frequent and severe droughts and floods, which can devastate crops and affect farmers' livelihoods.

Deforestation, often driven by the need to expand agricultural land, contributes to the loss of biodiversity and ecosystem services. Soil salinity is another significant issue affecting food production, occurring when water containing high concentrations of salt is used for irrigation, leading to soil accumulation and reduced fertility.

The challenges posed by global warming, deforestation, and soil salinity are already contributing to food scarcity in various parts of the world. As the global population continues to grow, reaching a projected 9.7 billion by 2050, the pressure on food systems will intensify.

In response to these challenges, innovative approaches to food production and sourcing are emerging. Vertical farming, hydroponics, aquaponics, insect farming, and algae farming are promising initiatives that can help address food security challenges. As I look to the future, I recognize the importance of contributing to solutions for food security. There are several ways I can play a role in addressing these challenges, including adopting sustainable practices, innovating, educating, and advocating for food security.

To ensure food security in the future, a multifaceted approach is necessary. Investing in research and development, policy and advocacy, education, and training are key points that can be taken to build a more resilient and sustainable food system.

The challenge of feeding ourselves in the future is complex and multifaceted, requiring innovative, practical, and sustainable solutions. By working together, we can build a more resilient and sustainable food system.

**Tanish Apankar**  
**Grade - VIII**

## AFS INTERCULTURAL PROGRAMS

AFS Intercultural Programs is a global non-profit providing youth with opportunities for exchange, cultural immersion, and developing global citizenship competencies in over 50 countries.

Our school is a newly affiliated AFS member for 2025–26, engaging in AFS's mission to foster intercultural understanding and support the UN's Sustainable Development Goals.

**AFS Activities and Opportunities in 2025**

AFS runs exchange programs, intercultural learning initiatives, and volunteer opportunities for students, educators, and host families, including both physical and virtual participation.

**Featured 2025 initiatives include:**

Exchange programs to 100+ destinations, virtual exchanges, and family hosting.

Scholarships and educator resources for global citizenship.

Major events like the AFS Youth Assembly, connecting young leaders worldwide.

Special programs like the Global STEM Academies, offering scholarships for study and cultural projects in STEM and sustainability across several countries.

**School Activity Highlight: June 2025**

Region Activity June 2025 an Essay writing competition for Std IX–XII students, with two topics:

“A World without religion – Reflect and Re-Imagine.”

“Truth unfiltered – Business in a World Without Lies.”

**Students participated**

1. Rajeshwari A Bansode - XI Commerce

2. Prachiti S Deshmukh - IX

3. Samiha I Dabir - XII

4. Saptak A Aron - XII

5. Sara P. Kaulkar - XII

6. Sanvi A Talwar - XI Science

Their essays were selected and uploaded on the AFS online platform.



## BOOK OF THE MONTH (PRIMARY) Month – June 2025 Subject- English

Grade	Division	Name Of the Student
I	A	Reyansh Sharma
I	B	Saee Kapse
I	C	Saksham Singh
II	A	Dakshat Salunke
II	B	Yadnyani Bhingare
II	C	Zainab Zakariya
III	A	Khadeeja Yerunkar
III	B	Joanna Joshy
III	C	Anvi Deshmukh
IV	A	Ovee Deshmukh
IV	B	Maira Naik
IV	C	Shardul Baltawade

## BOOK OF THE MONTH (PRIMARY) Month – July 2025 Subject- Science

Grade	Division	Name Of the Student
I	A	Khushi Bhagat
I	B	Laiba Hafiz
I	C	Mahi Singh
II	A	Anvi Shelake
II	B	Shivani Bhokate
II	C	Arohi Waghmare
III	A	Shanvitha Thorat
III	B	Aaradhya Ghotane
III	C	Naysha Singh
IV	A	Kranti More
IV	B	Shreenidhi Mate
IV	C	Aaradhya Gharat





## EXTRA MARKS INAUGURATION

In a remarkable initiative to empower education through technology, Archroma India Pvt. Ltd. inaugurated smart boards in classrooms, marking a significant step towards modernizing learning environments. The event was celebrated with great enthusiasm and gratitude, especially by the students of Grade 10 and 11, who gathered to acknowledge the generous support extended by Archroma.

The ceremony was graced by several distinguished officials:

- \* Mr. Anjani Prasad, Managing Director, Archroma India Pvt. Ltd.
- \* Ms. Seema Manku, Division Counsel Textiles & Head of Legal Asia
- \* Dr. Surekha Nair, Head of Human Resources
- \* Ms. Sadhana Kanekar, Manager CSR India
- \* Mr. B. N. Kadam, Chairman JMRES & Associate VP Special Projects, Sudarshan Chemical Industries Ltd.
- \* Mrs. Madhuri Sanas, Deputy General Manager, CSR Liaisoning, Sudarshan Chemical Industries Ltd.

Each dignitary shared inspiring words, emphasizing the importance of digital tools in enhancing educational outcomes and preparing students for a tech-driven future. Their presence and encouragement added immense value to the occasion, reinforcing the purpose behind this initiative.

The smart boards are expected to transform traditional classrooms into interactive learning spaces, fostering creativity, collaboration, and deeper understanding among students.

The event concluded with a heartfelt vote of thanks from the Vice Principal of the School, expressing deep appreciation for Archroma's commitment to corporate social responsibility and educational empowerment.





## KALPANA CHAWLA: A ROLE MODEL FOR GENERATION NEXT

I am taking a little effort to convey my experience of reading about Indian Astronaut Kalpana Chawla to students because I know one day this story will inspire them to achieve their dreams. It's very important to know about this precious gem of our country. After reading this book I think my students will understand the importance of hard work, determination, passion and importance of studies.

Gurdeep Pandher authored a notable biography titled *Among the Stars: Life and Dreams of Kalpana Chawla*, published by Unistar Books in 2004. This 162-page book delves into the inspiring journey of Kalpana Chawla, the first woman of Indian origin to venture into space.

Additionally, Pandher wrote *Arshan Di Dhi Kalpana Chawla*, a Punjabi-language biography, further celebrating Chawla's remarkable life and achievements.

These works offer valuable insights into Chawla's determination and accomplishments, serving as inspiration for future generations.

### Astronaut Kalpana Chawla and Her Life: An Ideal for Generation Next

Kalpana Chawla, the first woman of Indian origin to travel to space, remains an eternal inspiration for young dreamers around the world. Her life story is a testament to perseverance, dedication, and the pursuit of excellence. Born on March 17, 1962, in Karnal, Haryana, India, Kalpana dared to dream beyond the ordinary and proved that with passion and hard work, one can reach the stars—literally.

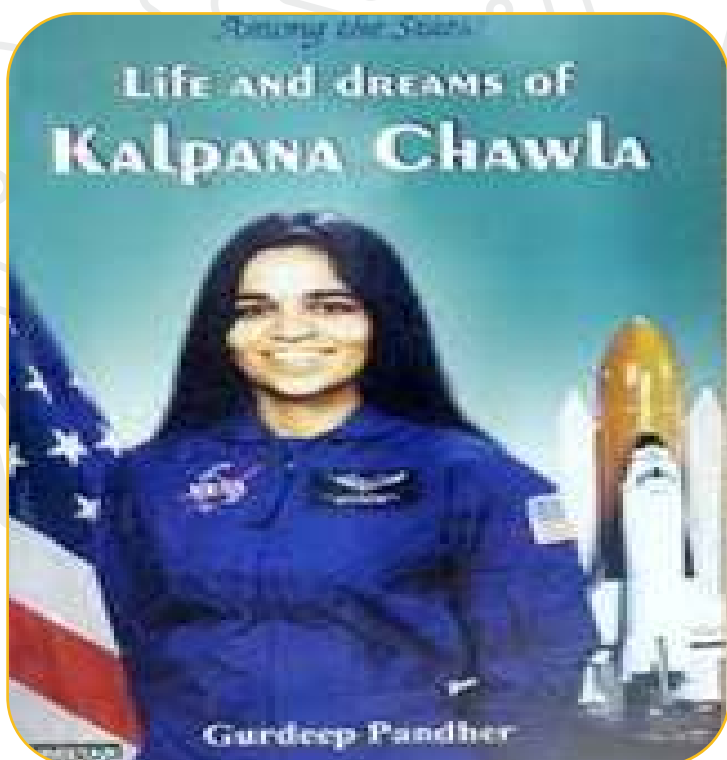
### Early Life and Education

Kalpana Chawla was fascinated by the sky and aircraft from an early age. She pursued her Bachelor's degree in Aeronautical Engineering from Punjab Engineering College. Her ambition took her to the United States, where she completed her Master's and Doctorate in Aerospace Engineering from the University of Texas and the University of Colorado, respectively.

### Journey to NASA and Space Missions

Kalpana joined NASA in 1988 and became an astronaut in 1994. She first flew to space aboard the Space Shuttle Columbia in 1997, making history as the first Indian-born woman to enter space. During this mission, she conducted various scientific experiments, demonstrating her keen intellect and technical expertise.

Her second space mission in 2003, aboard STS-107 Columbia, was a challenging one. Unfortunately, on February 1, 2003, the shuttle disintegrated upon re-entry into Earth's atmosphere, leading to the tragic loss of Kalpana and her crew members. Despite this tragic end, her legacy continues to inspire millions.



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## Lessons for the Next Generation

Kalpna Chawla's journey teaches us valuable lessons that remain relevant for generations to come:

1. **Dream Big and Work Hard** – Kalpna's life shows that dreams have no boundaries. Her unwavering commitment to her goals is a lesson in perseverance.
2. **Education is the Key** – Her academic achievements highlight the importance of education in shaping one's future.
3. **Break Barriers** – She shattered gender stereotypes, proving that women can excel in fields like aerospace and space exploration.
4. **Dedication and Passion** – Her devotion to science and exploration underscores the importance of passion in achieving success.
5. **Service to Humanity** – Her work in space research contributed significantly to scientific advancements, reminding us to use knowledge for the betterment of society.

## Conclusion

Kalpna Chawla's life is a beacon of hope and determination for the younger generation. Her journey from a small town in India to the vastness of space is proof that persistence, courage, and an unyielding spirit can turn dreams into reality. As we look to the future, her legacy continues to inspire young minds to reach for the stars and beyond.

I've written an article on Kalpna Chawla, highlighting her inspiring journey and lessons for the next generation.

Archana Gudekar

## मित्रता

मित्रता / साथ

चन्दनं शीतलं लोके चन्द्रमदपि चन्द्रमाः |

चन्द्रचन्दनयोर्मध्ये शीतला साधू संगतिः ||

किसी ने सच ही कहा है कि चंदन और चांद से सच्चे मित्र की संगति ही शीतल होती है मानव को रोटी कपड़ा और मकान ये तीन मूलभूत और आवश्यक चीजों की जरूरत होती है। सच में ये मानव की प्राचीन काल में आवश्यक जरूरत समझी जाती थी। लेकिन आज रहनसहन में बदलाव, सुसंस्कृत विचारधारा से इस में भी परिवर्तन हो गया है। रहनसहन के उंचे स्तर जैसे जैसे बदलते गये वैसे ही इन जरूरतों का क्रम भी बदलता गया। आज मानव चाय के साथ साथ मोबाईल के न्यूज चैनल की खबरे पढ़ने या सुनने लगा। इसका मतलब है की काल गणना के अनुसार जरूरतों में परिवर्तन होता गया लेकिन एक चीज में कोई परिवर्तन नहीं हुआ और वो है मनुष्य की “मित्रता”।

विद्या मित्रं प्रवासेषु, भार्या मित्रं गृहशेषु। व्याधीतस्यौषो धर्मो मित्रं मृतस्य च ||

यह साथ मनुष्य परमेश्वर की अमूल्य भक्ति में, ग्रंथों में, खुद की वसूलों में, खुद के मन में भी दृढ़ता रहता है। क्योंकि मनुष्य एक समाजप्रिय प्राणी है। उसे समूह में, अपने परिवार और रिश्तेदारों के साथ रहना अधिक पसंद है। यह दोस्ती हमेशा निकोप, निर्मल, निस्वार्थ, अतुट, अचल और पवित्र, मंगल होनी चाहिए जैसे खुद की वैसे ही दूसरों की आवश्यक होती है। इस दोस्ती में खुद के अपेक्षा दूसरों को, व्यक्ति की अपेक्षा सामाजिक हित को और अवगुण की अपेक्षा सद्गुणों को और सद्गुणों की अपेक्षा निर्गुण को अधिक महत्वदार स्थान होता है। इस तरह विकारों से अधिक विचार और विचारों से अधिक महत इच्छा और कहने से अधिक कृत्य को महत्वदार स्थान होता है। मित्रता किस तरह होनी चाहिए। उसपर किसी ने कहा है कि, आरम्भगुर्वी क्षयिणी क्रमेण लघ्वी पुरा वृद्धिमती च पश्चात्। दिनस्य पूर्वार्द्धपरार्द्धमित्रा छायेव मैत्री खलसज्जनानाम्।।

कई बार दोस्ती क्षणभंगुर होती है। इसीलिए वह परख कर ही करनी चाहिए। जो स्वयं दुख, अमीरी-गरीबी कठिनाई और आपत्ति में हमेशा तन, मन, धन से साथ रहता है। “A friend in need is a friend indeed.” जो क्रोध लालच इसकी तमा न करता सत्य वचन कहता है। वही सच्चा दोस्त है। ऐसे महान कवि शेक्सपियरजी कहते हैं। अच्छी दोस्ती अच्छी ग्रंथ संपदा, सुंदर विचार इनके साथ अधिक जरूरी है; क्योंकि वही अपने ‘शील’ को तराशती है। दोस्ती का अधिष्ठान होता है – ‘प्यार’ और वह अटल होता है।

**A man is known by the company he keeps.** ऐसा कहा जाता है, कि स्व-मूल्यमापन, स्व-परिचय अपने दोस्तों से और सहकारीवर्ग से ही होता है। आप किसके साथ रहते हो, किसके साथ अपना समय बिताते हो, किसके साथ आप रममाण होते हो उन्हीपर आपकी पहचान होती है। मेरे खयाल से अपने सच्चे दोस्त अच्छे किताबें होती है। वह पढ़ने से अपने खयाल अच्छे होते हैं। हम चिंतन और मनन करने लगते हैं और हमारा चरित्र सुसंस्कारी होता है। यही सच्चा मित्र है। अच्छे संस्कार ही मानव के अगले जन्म तक का साथ निभाते हैं। जैसे भरत को श्रीरामचंद्र के चरण पादुका के प्रति, हरिश्चंद्र की सत्य के प्रति, देशभक्तों का स्वदेश के प्रति अपार स्नेह होता है। उसी तरह हमारा अपने पुस्तक दोस्त के साथ स्नेह होना चाहिए। और यही सच है, आजकल की डिजिटल संस्कृति से यह पुरानी संस्कृति हर एक छात्र अपनाए। इससे सभी मानव जाति का और मेरी वसुंधरा माँ का भला होगा। वाचनं ज्ञानदं बाल्ये, तारुण्य शीलरक्षकम्।

वार्धक्ये दुःखहरणम् हितं, सद्ग्रथ वाचनम् ||

Nanda Choudhari



## The Harmonium: A Musical Journey

The harmonium, also known as a reed organ or pump organ, is a keyboard instrument that produces sound by pushing air through metal reeds tuned to specific pitches. It has played a vital role in both Western and South Asian musical traditions.

### Types of Harmonium

#### 1. Foot-Pumped Harmonium

Invented by Alexandre Debain in Paris in 1842, this harmonium uses foot pedals to operate bellows, allowing both hands to play the keyboard freely. It became popular in Western classical and church music.

#### 2. Hand-Pumped Harmonium

Adapted by Dwarkanath Ghose for Indian musicians who sit on the floor, this version uses one hand to pump air while the other plays the keys. It is widely used in Hindustani classical music, Bhajans, Qawwali, Sufi music, and Kathak dance accompaniment. Samvadini Harmonium innovated by Manohar Chimote, this harmonium integrates strings similar to a Swarmandal, allowing simultaneous playing of strings and keys. It introduced a new natural tuning system for Indian classical music.

#### 3. 22-Shruti Harmonium

Developed by Vidyadhar Oke, this harmonium allows the playing of 22 microtones (Shrutis) essential for Indian classical ragas. It features adjustable knobs below each key to fine-tune the reeds, offering perfect consonance with a Tanpura.

### Cultural Significance

The harmonium is deeply embedded in the musical traditions of India, Nepal, Pakistan, Bangladesh, and Afghanistan. It is a staple in devotional music, classical performances, and folk traditions. Its adaptability and rich tonal quality make it a beloved instrument across genres and generations.

**By Grade VIII**







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Head Girl



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**Naysha Singh**  
Assistant Head Girl



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Prefect Girl (Grade IV)



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Ruby House Captain Boy



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Captain Girl



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**Kiya Shah**  
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**Pia Sontakke**  
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**Tanish Shelar**  
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## CBSE BOYS UNDER 14 KABADDI CHAMPIONSHIP 2025-26

Students of JMRES participated in The Cbse Kabaddi Cluster IX CHAMPIONSHIP 2025-26 which was held on July 26-28, 2025, in Kashinath Palaod Public School Jalgaon District of Maharashtra. It was organized by the CBSE Cluster IX and hosted by the Kashinath Palod Public School (CBSE) Jalgaon.

### PARTICIPATED STUDENTS

Student Name	Grade
Aradhy Khaire ©	VII
Shreesh Pawar	VII
Shreyas Deshmukh	VII
Vihan Jadhav	VII
Marmik Wachkawde	VIII

Student Name	Grade
Arjun Jamdade	VI
Ankur Shinde	VI
Aarush Bhokate	VII
Sairaj Bhokate	VI
Avadhut Dhaigude	VIII





# JMRES सप्तर्षी FRAMEWORK

Pointers for areas of school effectiveness of JMRES school



**Student Outcomes**



**Behavior and Personality Development**



**Teaching, Learning and Assessment**



**Welfare**



**Innovation**



**Leadership & Management**



**Stakeholder Engagement**

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