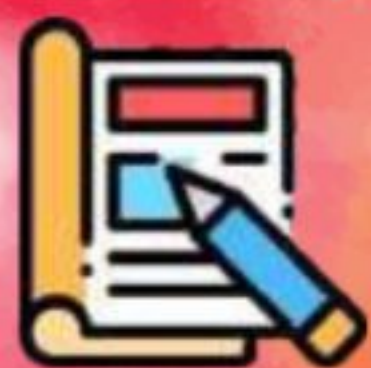




WE ARE **JMRES**

Creativity | **Thoughts** | Expressions





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ACADEMIC YEAR 2025-26

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Sanobar Patel
TGT

"Education is the art of awakening joy in creative expression and knowledge."

The story of **Ms. Sanobar Patel's 23-year journey in education** is one of passion, perseverance, and purpose. From her early days in the Pre-primary, Primary classroom to her years of guiding secondary students, she has devoted herself wholeheartedly to nurturing young minds and helping them grow into confident, capable, and compassionate learners.

She has also contributed for the implementation of ISO from the scratch. She also served as the Unit Head of Primary domain. She was awarded as **गुणवंत व कर्तृत्ववान शिक्षक सन्मान पुरस्कार 2022 by Maharashtra Shikshan Parishad.**

Her love for science has been the heartbeat of her teaching. For Ms. Sanobar Patel, science is not confined to textbooks—it is a gateway to wonder, discovery, and imagination. She has consistently strived to transform abstract concepts into exciting learning experiences through experiments, models, and projects that make students active participants in their own education. Whether it was building bridges out of everyday materials, watching homemade volcanoes erupt in amazement, or curating vibrant science fairs, she has always believed that learning becomes meaningful when curiosity is allowed to flourish.

This journey has not only enriched her students but also shaped her as an educator. She has discovered that teaching requires patience to understand, empathy to connect, and creativity to inspire. Every child brings a unique spark, and it has been her mission to create an environment where that spark can shine brightly.

As Ms. Sanobar Patel reflects on her career, she remains deeply grateful for the trust and support of her students, colleagues, and school management. For her, education is not simply a profession—it is a lifelong commitment to shaping minds and hearts. With the same zeal that first brought her into the classroom, she looks ahead with hope, determination, and joy to continue inspiring generations to come.

"As she looks ahead, she remains committed to nurturing curiosity, encouraging creativity, and guiding young minds with the same passion that has defined her journey for 23 years."



Ranjana D. Mane
PGT

Mrs. Ranjana Deepak Mane holds an M.Sc. in Chemistry and a B.Ed.

showcasing her strong academic foundation and commitment to excellence in education.

She began her career as a PGT in Chemistry at Aditya Birla Public School (ABPS), Jafarabad, where she served for 12 years. During her tenure, she played a pivotal role in helping the school achieve its first ISO 9001:2000 certification from DNV. She also took on key responsibilities during the Zonal Meet of Schools and received an appreciation letter from the CEO for her commendable work.

In addition, she guided students in science projects and models, one of which earned recognition at the Children's Science Congress held at Nirma University, Ahmedabad (3rd–7th January 2005). For the past 15+ years, Mrs. Mane has been serving as a PGT in Chemistry at JM Rathi English School and Junior College.

At JMRES, she has provided academic leadership as the Head of the Science Department for nearly 11 years, fostering teamwork, innovation, and excellence.

Her dedication to holistic student development is evident from her roles as House Coordinator for 8 years and Class Teacher for senior classes for almost 26 years. **She has also made valuable contributions to quality management as the ISO Coordinator for the past 5 years.**

For over a decade, **she has overseen the Science Olympiad and Dr. Homi Bhabha Junior Scientist Examination**, which nurture talent and scientific curiosity. Mrs. Mane has also served as an examiner for the HSC examinations and Chemistry practicals for more than a decade.

Beyond her classroom teaching, she has inspired young learners by mentoring them in science exhibitions at various levels. She actively engages in professional growth, representing her school at academic seminars in Anand, Gujarat, and Mumbai.

Alongside academics, she has contributed to social initiatives, including adult education programs and village visits to support community learning. With extensive and distinguished teaching experience, Mrs. Mane has established herself as a dedicated educator, an inspiring mentor, and a visionary leader. Her unwavering commitment to academic excellence, holistic student development, and quality education continues to empower young minds, shaping them into confident learners and responsible citizens.



THE DOUBLE-EDGED SWORD OF DOPAMINE

Dopamine, the so-called reward hormone, is all the craze nowadays — and rightfully so! With “dopamine detox” retreats trending, it’s fascinating to realize that this tiny neurotransmitter in our brain can either fuel unstoppable motivation or make life feel completely empty. Let’s explore how this little devilish angel works, and how to make it work for you.

Dopamine is the ultimate “feel-good” chemical, released every time you accomplish something. That instant rush is intoxicating.

In the 1950s, psychologists James Olds and Peter Milner ran a ground-breaking experiment on rats. They placed electrodes in the rats’ brains, wiring them to a lever that released dopamine when pressed. The results were astonishing: the rats pressed the lever endlessly — nearly 800 times an hour. They ignored food, water, and sleep, obsessively chasing the artificial reward until they collapsed from exhaustion.

In contrast, when scientists shut down the dopamine centres in other rats, the opposite happened. These rats had no drive. They wouldn’t even reach for food placed a few centimetres away; they only ate if food was put directly in their mouths. This experiment captures the double-edged nature of dopamine: too much, and it drives compulsive behaviour; too little, and it erases all motivation. Left unchecked, dopamine can hijack your decisions and pull you away from your bigger goals.

So, how can we make dopamine work for us instead of against us?

Start small, win often: Break big goals into tiny steps. Each win gives you a dopamine boost that fuels the next step.

Pair effort with pleasure: Listen to music, watch something funny, or use small rituals to make starting tasks less intimidating.

Choose natural boosters: Exercise, good sleep, sunlight, and laughter all regulate dopamine in a healthy way.

Tame instant hits: Be mindful of endless scrolling, binge-watching, or junk food that flood the brain with cheap dopamine.

Celebrate progress: Don’t wait for the finish line — reward yourself for consistency along the way.

By balancing small pleasures with long-term rewards, you can turn dopamine into a steady source of drive — not a trap. In the end, it’s not about suppressing dopamine, but learning how to guide it toward the life you want to build.

With mindful care, dopamine can be your ally — not your master.

—Saanvi Talwar
Grade XI Science

WHAT WILL I BECOME WHEN I GROW UP.....

Everyone has dreams; there is no one who has no dreams and aims in daily life. Every person has different-different dreams and aims like; some want to become a doctor, an engineer, a pilot, or a teacher, etc. Like that, I also have a dream. My dream is to become a space scientist in I.S.R.O. I want to go into the space scientist field because every day when I wake up, many questions come to my mind about the sky. The questions that come to my mind are:

- Why is the sky so blue?
- Why is the moon so white?
- Why are the planets in the solar system round in shape?
- Why is there no light in space?
- Why does the Earth rotate and revolve around the sun?

Like this, many more questions come to my mind. So, to find answers to all these questions, I decided to become a space scientist. I chose I.S.R.O because it is from India. You can say that it is very easy to become a space scientist. But in real life, it is very hard to become a successful space scientist because there are many difficult exams and interviews.

When I told what I want to become when I grow up to my parents, they also agreed with my dreams, but my mom said that it is too hard to become one.

“Can you do it?” I answered, “Yes, Mom! I will work hard, and I will fulfil all my dreams.”

Learning today, Leader tomorrow!

Ovi Girish Patil
Grade V A



छोटेसे बहीणभाऊ

आम्ही छोटेसे बहीणभाऊ,
खेळ खेळतो घरात-आंगणाऊ.
कधी भांडण, कधी हसू,
क्षणात पुन्हा गोड होऊ.

आई म्हणे, “भांडू नका”,
पप्पा म्हणे, “एकल रहा”.
आम्हीही वचन देतो दोघं,
सदा राहू सोबतचि भागं.

शाळेत जातो हात धरून,
कधी बसतो पुस्तक वाचून.
गुपचूप एकमेकांना सांगतो,
आनंदाचे गोष्टी गाऊन.

लहान आहोत तरी भारी,
आम्हा नात्याची नाहीस मर्यादी.
सदैव राहू सोबतच खेळू,
आम्ही छोटेसे बहीणभाऊ.

Tirtha Potphode
Gargi Chiplunkar
Grade V A

AI AND TECHNOLOGY

Artificial Intelligence or AI is the ability of machines to perform tasks that normally require human intelligence — tasks like learning, problem-solving, decision-making, and even understanding language. AI started to become part of our daily lives, from phones to cars.

AI can process large amounts of data quickly with fewer mistakes. This helps in fields like medicine, where AI can help doctors diagnose diseases more accurately. AI can save time — like if you want to write a paragraph, you can put the topic to get the best paragraph. It is available 24/7, unlike humans. AI is useful in environments too dangerous for humans — like deep sea exploration, bomb disposal, and space missions. AI can analyze all the possibilities and help us to make the best decision.

If we want to use AI, it is really simple — like you can ask a question like “Why is the sky blue?”. If you are bored doing your homework, AI can do it — just ask “What is $m-2=6$?”. You can play games on AI, like solving puzzles or learning spellings. It can also help in drawing. It can help with new things. You can tell it to generate a photo of 100 cats to examine them.

Some examples of AI for students are:

- 1.Khanmigo — AI-powered tutor for maths, science, and humanities**
- 2.Quizlet**

AI can be dangerous as it is taking the place of humans, and people are losing their jobs. AI uses too much personal data — this can lead to misuse of data. If we rely on AI too much, people may stop thinking.

Artificial Intelligence is a powerful tool that can greatly improve our world, but must be used carefully. There is also a risk that it can destroy humanity. However, if we work together, it will be good for both — for a good, safe future.

Arihaan Anil Yadav
Grade VIII C



Our Sr. KG teachers brought stories to life in a creative way! They made beautiful bird puppets using leaves. With these leafy puppets, they told fun engaging stories. The children enjoyed the magical world of nature and imagination!



Our Nursery children took part in a special green activity! They planted two saplings as part of the goal of planting 50 saplings for 50 years. It was a joyful way to learn about nature and the importance of caring for the Earth. Little hands, big impact!



Our Nursery little chefs enjoyed a fun Cooking Day activity! They prepared tasty Monaco biscuit toppings with yummy ingredients. It was a hands-on experience filled with smiles and learning.





A heart-warming session where Senior KG children and their parents came together to share joyful moments of learning. The activities not only strengthened the parent-child bond but also made learning an experience filled with love, laughter, and togetherness.



Sr. KG students enjoyed a joyful Fun & Bond Activity with their parents. Together they solved English 2/3 letter word puzzles, explored numbers, patterns, and engaged in exciting gross motor skill games – making learning fun through bonding!





शिक्षक

शिक्षक हा फक्त शिक्षण देणारा नसतो,
तो कधी मुलांच्या आईसारखा होतो,
कधी जिवलग मित्रासारखा होतो,
तर कधी प्रेरणादायी तात्यासारखा होतो.

मुलांचा स्वभाव, त्यांचे गुण-दोष
आईपेक्षाही जास्त शिक्षकांना ठाऊक असतात.
शिक्षक हा खरा मार्गदर्शक असतो.

आपण कधी विचार करतो का—
माझं मूल आज जे काही शिकतं,
ते फक्त माझ्याकडूनच नाही,
तर शिक्षकांकडून आणि मित्रांकडूनही शिकतं.

पण मी किती वेळा माझ्या मुलाच्या शिक्षकांना साथ दिली?
किती वेळा मुलाच्या चुका झाकून
शिक्षकांनाच दोष दिला?
किती वेळा त्यांच्या शिस्तीला पाठबळ दिलं?

मुलाचं शिक्षण संपल्यावर
मी त्याला सांगितलं का—
“बाळा, तुझ्या शिक्षकांना कधी विसरू नकोस.
या दुनियेत तुला उभं राहायला
ज्यांनी बळ दिलं,
त्यांना रोज आठव आणि नमन कर.”

खरंच, आपण दिवसाची सुरुवात
शिक्षकांना नमन करूनच करायला हवी.

शिक्षकांना समर्पित – एक पालक, वैशाली

What made me a teacher!

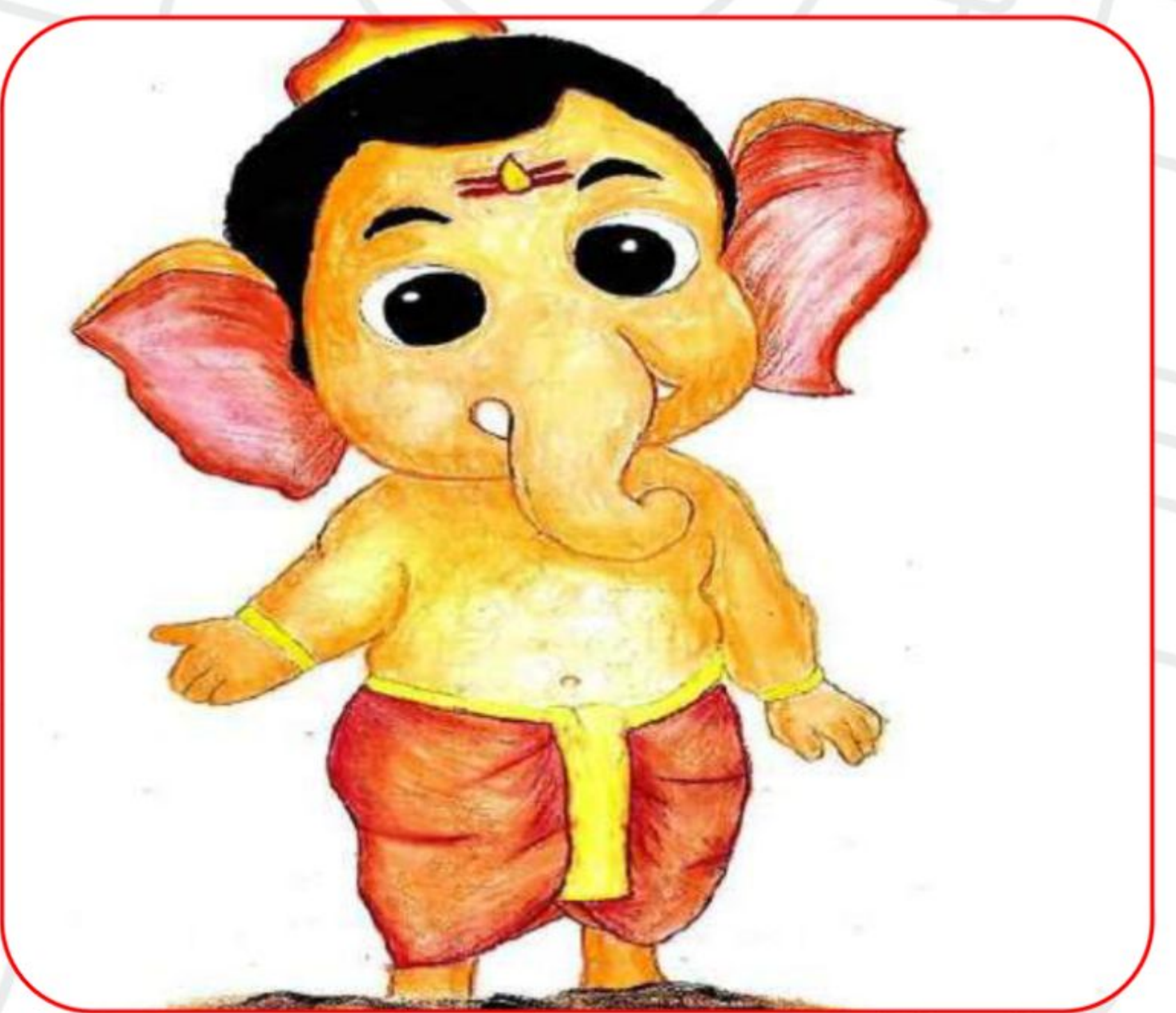
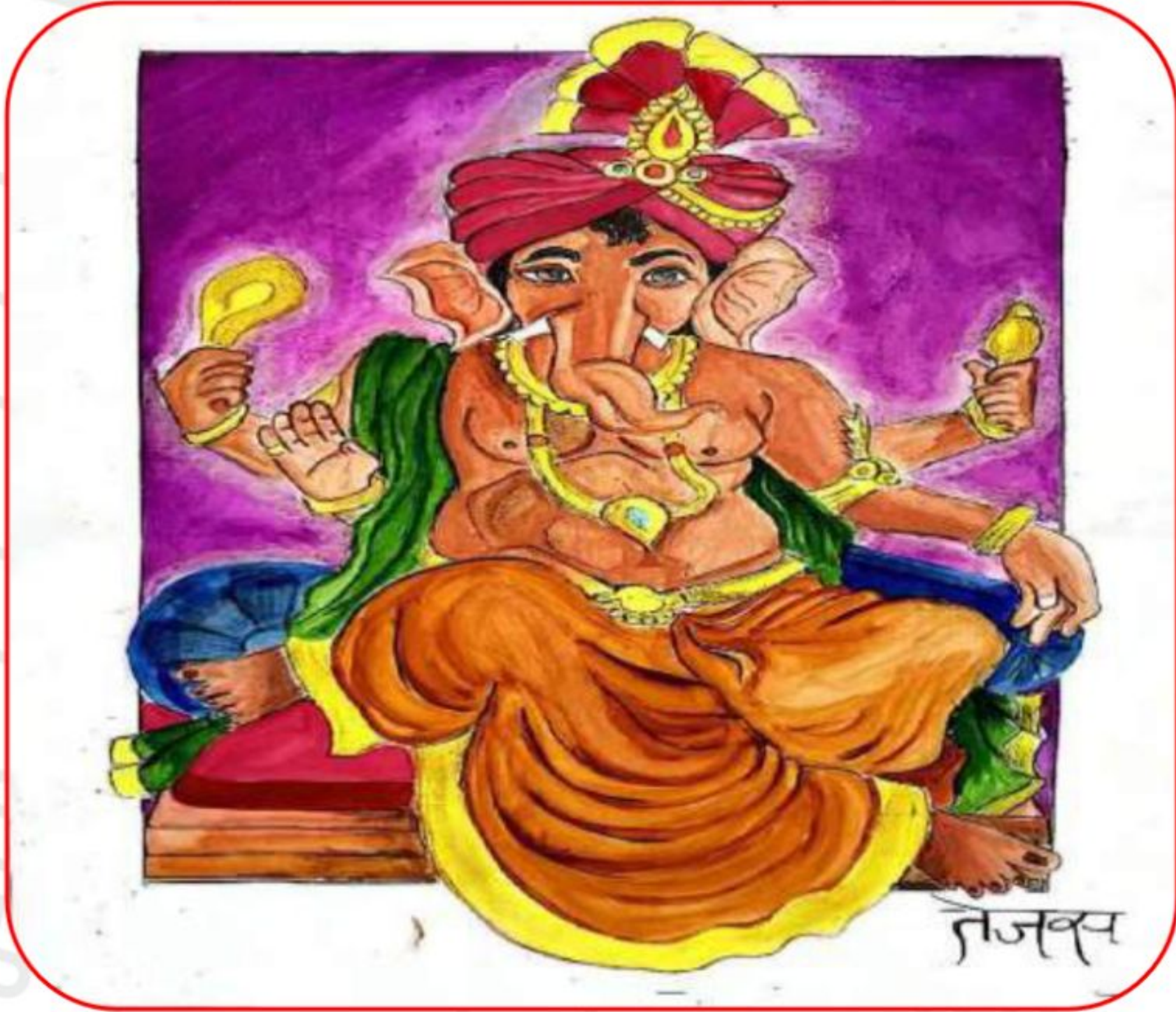
This is a story of a girl who, in her youth, never wanted to be a teacher. This girl was an average student having a hobby of reading. Her parents were school teachers. Her mother was an example of professional ethics. The girl grew up watching her mother as an ideal teacher.

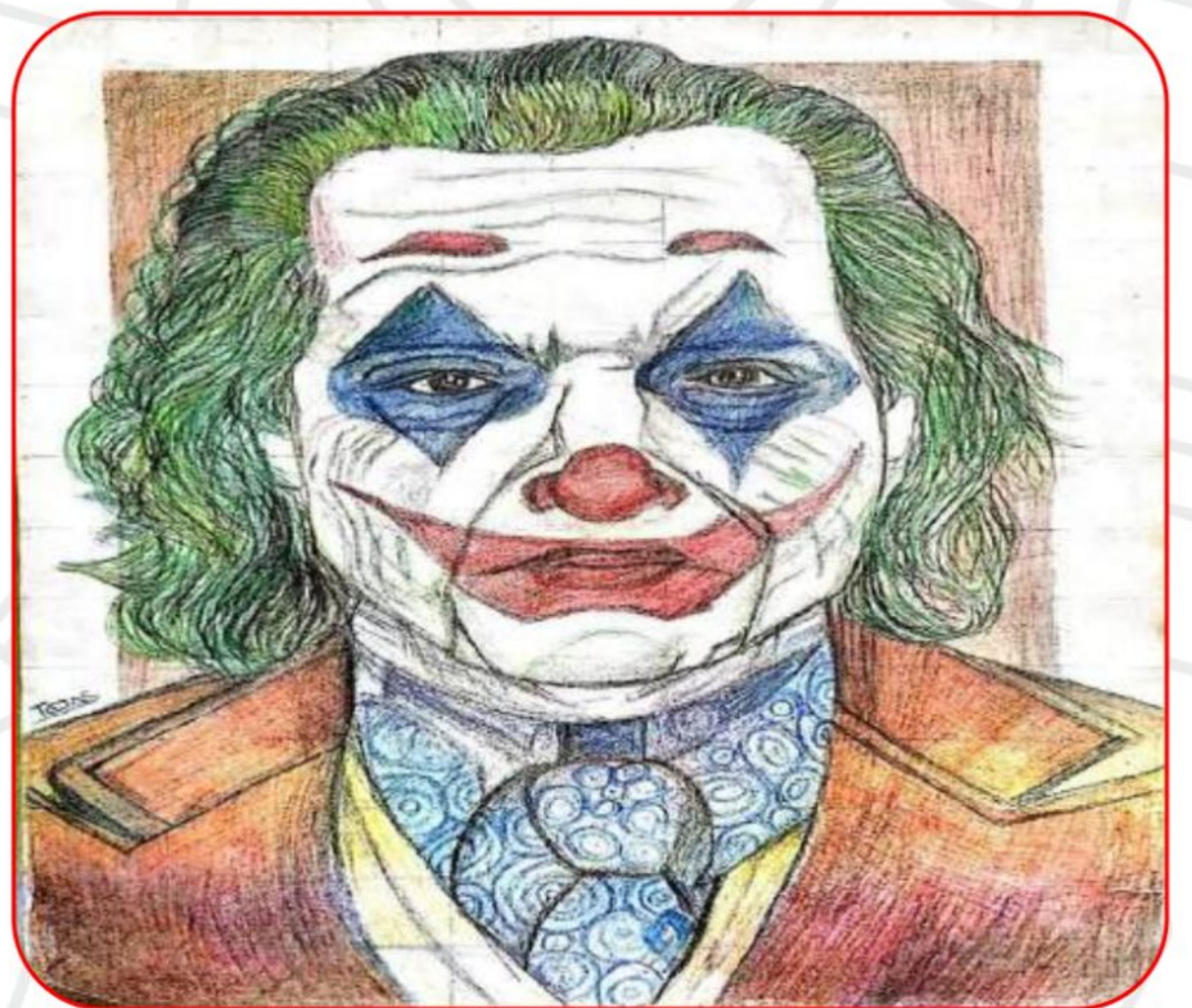
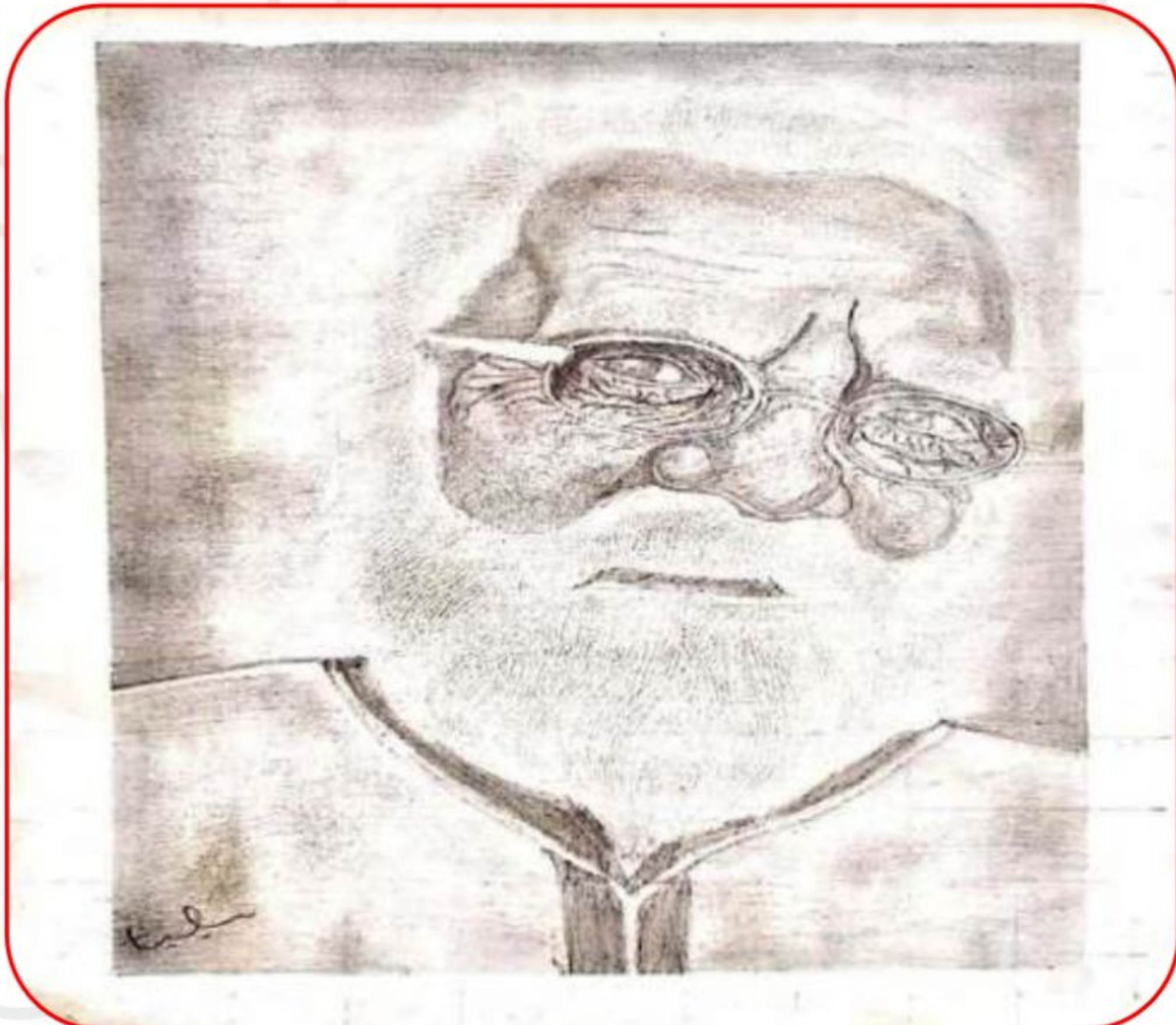
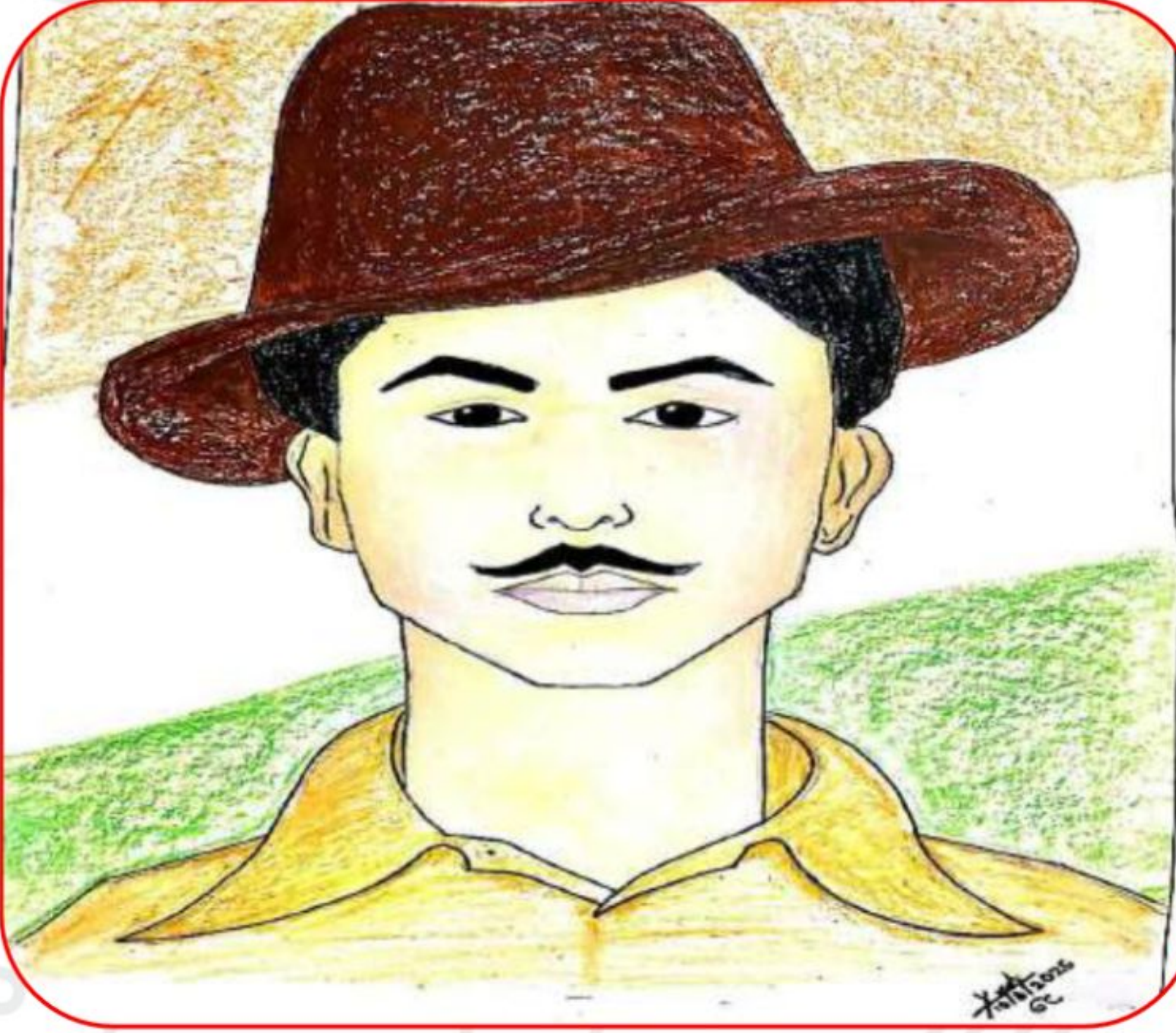
The girl knew that she could not have those virtues which her mother had. Once, her mother was teaching the students at home, and one boy helped the mother to operate a simple calculator. The mother was very happy. She looked at her daughter and told her, “This is the great joy as a teacher, I get many a time - learning from my students.” She also said job satisfaction is the most important factor in everyone's life, not money, because at the end of the day, what matters is how you get the joy.

The daughter was listening carefully. It made the daughter introspect, and the daughter decided to give it a try. She worked in a school in her locality. It was an experiment that she decided to undergo. The criteria she decided to use to measure the success of her efforts was evaluating herself by making the students understand the concepts. She found that the expected outcome reached them. She passed her own test and decided to be a teacher.

She has been learning and facilitating since 2008 in J. M. Rathi English School and Junior college and has been trying to be a good teacher.

Ms. Seema Joshi







SPECIAL ASSEMBLY BY X B

A special assembly was organized to raise awareness about combating plastic pollution, integrating the teachings of Lokmanya Tilak, an eminent Indian freedom fighter and social reformer. The assembly aimed to encourage proactive environmental stewardship, inspired by the values of selfless duty, social good, and nation-building championed by Lokmanya Tilak. This assembly exemplified how the fight against plastic pollution can reflect Tilak's enduring message: responsible action, guided by social duty and love for the nation, leads to a better future for all. By connecting eco-consciousness with national ideals, students were motivated to become agents of positive change for both the environment and society.



SPECIAL ASSEMBLY BY VIII B

Real Independence - Freedom to learn

On August 14, 2025, Grade 8 B students presented a special assembly on the theme "Real Independence – Freedom to learn," focusing on the importance of quality education. The assembly featured two scenes highlighting that many children are deprived of education due to challenges like poverty, discrimination, and fear. The program concluded with a powerful message: true independence is achieved only when every child has access to quality education.





हिंदी दिवस

जे.एम. राठी विद्यालय में हिंदी दिवस बड़े उत्साह और हर्षोल्लास के साथ मनाया गया। कार्यक्रम का शुभारंभ दीप प्रज्वलन के साथ हुआ। विद्यालय के प्राचार्य ने सभी को हिंदी दिवस की शुभकामनाएँ दीं और इस दिवस के महत्व पर प्रकाश डाला।

छात्रों द्वारा हिंदी दिवस का महत्व, प्रेरक उद्धरण प्रस्तुत किए गए, जिन्होंने सभी के मन में हिंदी के प्रति गर्व और सम्मान की भावना को जागृत किया। “हिंदी हमारी पहचान है”, “भाषा संस्कृति की आत्मा है” और “हिंदी का सम्मान करना राष्ट्र का सम्मान करना है” जैसे उद्धरणों ने कार्यक्रम को और प्रभावशाली बना दिया।

इसके बाद छात्रों ने संत कबीरदास, मीरा बाई और सूरदास के जीवन और शिक्षाओं पर आधारित भूमिका अभिनय प्रस्तुत किया। कबीरदास के दोहे, मीरा बाई के भजन और सूरदास के संदेशों ने सभी को प्रेम, भक्ति और सद्भावना का संदेश दिया। इसी क्रम में छात्रों ने साहित्यकारों पर भूमिका अभिनय किया। इसमें प्रेमचंद, महादेवी वर्मा और सुमित्रानंदन पंत जैसे महान साहित्यकारों के जीवन और उनके योगदान को प्रस्तुत किया गया। इस प्रस्तुति ने छात्रों को साहित्य के महत्व से परिचित कराया और समाज सुधार में साहित्यकारों की भूमिका को उजागर किया। कार्यक्रम में छात्रों ने सुवचन की काव्य पंक्तियाँ भी प्रस्तुत कीं। सुवचनों की काव्य पंक्तियों ने वातावरण को प्रेरणादायक बनाया।

समापन के अवसर पर प्राचार्य महोदय ने छात्रों को संबोधित करते हुए कहा कि हिंदी हमारी आत्मा और पहचान है, हमें इसका सम्मान करना चाहिए और इसे आगे बढ़ाने का प्रयास करना चाहिए। कार्यक्रम का समापन राष्ट्रगान के साथ हुआ।

यह आयोजन अत्यंत सफल और प्रेरणादायक रहा। इसने छात्रों और शिक्षकों के मन में हिंदी भाषा के प्रति गर्व, सम्मान और जागरूकता की भावना को और प्रबल किया।





GANESH CHATURTHI CELEBRATION

Our school celebrated Ganesh Chaturthi with prayers. A Ganapati idol was installed. Students participated in the puja with traditional musical instruments, and after one and a half days, performed the Ganesh Visarjan.



CREATIVITY IN BLOOM

Grade IV students showcased their imagination and eco-friendly spirit in the Flower Making Competition – Best out of Waste! Using everyday waste materials, our young artists transformed simple scraps into beautiful flowers, proving that creativity has no limits.

A big round of applause for our budding innovators who turned waste into wonders and spread the message of reduce, reuse and recycle!





CREATIVE BUSINESS - WORD

"Small creative actions today can build a sustainable world tomorrow"

At creative, I've combined creativity with responsibility. Every sticker and bookmark I make is not just a product; it's a step towards protecting the environment and inspiring others to do the same. Using sustainable methods and materials, I aim to make a difference while sharing the joy of creativity with my peers.

WHAT I MAKE:

1. Stickers: Rs.10 (Jumbo size), Rs. 5 (Normal size)
2. Bookmarks: Rs.5 each

Made using reusable non-stick paper and cello tape

HOW I MAKE THEM:

1. Draw the design on paper
2. Cut out the stickers
3. Cover the non-stick paper with cello tape
4. Place the picture/design on non-stick paper
5. Cover it again with cello tape and then cut it

AWESOME STEPS I'M TAKING:

1. Using materials that can be reused instead of thrown away.
2. Prompting products to benefit other students.
3. Supporting sustainability in Education 2.0, encouraging environmentally-conscious projects.
4. Combining creativity with sustainability to inspire peers.

Every item I create is a small but meaningful contribution to a greener, more responsible future.

Aradhya Sachin Ambike
Grade VI B

NAVARATRI

Navratri is a nine-night Hindu festival celebrating the triumph of good over evil, honoring Goddess Durga Maa in her nine forms. It involves worshipping the nine avatars of the goddess, often through fasting, prayers, and cultural events like the vibrant Garba and Dandiya dances, especially in Gujarat. This symbolizes the victory over evil, primarily through the worship of Goddess Durga Maa.

The festival involves prayers, fasting and regional cultural and Golu doll displays in South India, culminating on the tenth day (Dusherra). Navratri is dedicated to the Shakti or divine feminine energy with each of the nine days honoring a different incarnation of Durga Maa and representing stages of spiritual growth.

"Navratri" comes from the Sanskrit words "nav" meaning nine and "ratri" meaning night, referring to the nine-night celebration. The festival commemorates Goddess Durga Maa's victory over the demon king Mahishasura, who was terrorizing the world. She defeated him after a fierce battle over nine days and nights, embodying the feminine energy (Shakti), seeking blessings, strength, and spiritual growth. It also promotes the virtues of morality, equality, and resilience. Many devotees observe fasts during this period, consuming specific foods like fruits, potatoes, and buckwheat (kuttu), while avoiding onions, garlic, and non-vegetarian food.

Ovi Sachin Kadam
Grade V B



COOKING CLUB

Chana Chat Delight!

In a fun-filled Cooking Club session, our young chefs whipped up tasty Chana Chat! With teamwork and creativity



Monaco Biscuit toppings

Our talented young chefs in the Cooking Club had a blast on August 23rd as they created Monaco Biscuit toppings, a delicious and healthy snack. With creativity and teamwork, they transformed simple ingredients into colourful and tasty treats.



**TALUKA LEVEL CHESS COMPETITION**

We are pleased to share the outstanding performance of our students in the DSO Taluka Level Chess Competition 2025. On Friday, September 12, 2025, our twenty five students participated in the competition held at Taluka Krida Sankul, Dhatav, Roha.

WINNERS

Under 14 Boys		
Student Name	Grade	Position
Siddharth Shashikant Chougule	VIII	1st
Sarvadny Hemant Shedge	VII	3rd
Under 19 Boys		
Student Name	Grade	Position
Yash Nandkumar Karkare	IX	2nd

Under 14 Girls		
Student Name	Grade	Position
Arya Anant Waikar	VIII	4th
Under 17 Girls		
Student Name	Grade	Position
Tanishka Chandrakant Patil	X	5th

All the above-mentioned students qualified for the District-Level Chess Competition, to be held at Uran on 22nd and 23rd September 2025. We congratulate all the winners and wish them the Best of luck in the upcoming District-level competition!

**TALUKA LEVEL YOGA COMPETITION**

Our students excelled in the DSO-organized Taluka Level Yoga Competition! Five students participated in the Under-17 age group, and all secured winning positions, also qualified for the District-Level Competition.

WINNERS

Under 17 Boys	
Student Name	Position
Ishan Parvate	1st
Atharva Pharthade	2nd
Swastik Mane	3rd

Under 17 Girls	
Student Name	Position
Asmi Patil	2nd
Swarangi Deshmukh	4th

All five students will represented our school at the District-Level Competition in Panvel on September 21, 2025.





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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