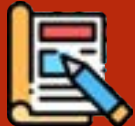




# WE ARE **JMRES**

Creativity | **Thoughts** | Expressions





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Dear Parents,

**Greetings from JMRES!**

Month of October 2025 witnessed a grand unveiling ceremony of our school's Golden Jubilee year logo. It was unveiled in the presence of Shri Rajesh Rathi, Mrs Rachna Rathi, Mr Vivek Garg & other dignitaries along with a few Alumni members.

The logo is designed by very own student Mohammed Ayyub Pedekar of Grade VI. Congratulations Ayyub for this creative thought and look forward to similar contribution from you and other students in the years to come.

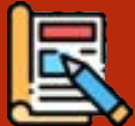
We have strengthened our social media updates and now you get updates very often via various platforms. Request you to follow/connect our schools' social media handles to stay updated.

More than a publication, WE ARE JMRES is a glimpse into the creativity, inspiration & impactful leadership which flows in the corridors of this institution.

Enjoy reading the newsletter would love to hear feedback from you regarding the newsletter!

Every day, Every child, A Leader!

With Sincere Regards,  
Prashant Muley  
Principal



## ACADEMIC YEAR 2025-26

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Bhargavi Nagarkar (Grade IV)



### PROCRASTINATION AMONG THE YOUTH (GEN Z)

*"You may delay, but time will not." - Benjamin Franklin*

#### 1. What is Procrastination?

Procrastination means delaying or postponing important tasks, often choosing comfort over responsibility. It is not simply laziness but a habit of avoiding work due to distraction, fear of failure, or lack of motivation. In today's digital era, Gen Z faces this problem more than ever because of the constant attraction of social media, entertainment, and multitasking.

#### 2. Why It Is Bad and How It Affects Life and Career

Though it may seem harmless at first, procrastination gradually affects a person's focus, confidence, and future. It reduces productivity, increases stress, and leads to poor time management. For students, it affects academic results and weakens discipline. In the long run, it can delay personal growth and professional success. A habit of delaying today can become an obstacle to achieving tomorrow's dreams.

#### 3. Cons of Procrastination

- Loss of valuable time that can never be regained.
- Decrease in the quality of work due to last-minute effort.
- Increase in stress and anxiety before deadlines.
- Feelings of regret and guilt for wasting time.
- Decline in self-confidence and motivation.

#### 4. How to Overcome Procrastination

- Overcoming procrastination is possible through consistency and self-control.
- Set small, daily goals to make big tasks easier.
- Avoid distractions like excessive mobile use and social media.
- Follow discipline instead of waiting for motivation.
- Maintain good health and proper sleep for better concentration.
- Apply the "two-minute rule" — if a task takes less than two minutes, do it immediately.
- Reward yourself for completing tasks on time.

#### 5. My Ideology

From my own understanding and experience so far, I believe that self-improvement is a continuous journey. Every person can overcome procrastination by developing discipline and curiosity together. Success does not depend on luck; it depends on what we do daily. Growth happens only when we act now, not when we wait for the perfect moment. Every small step brings self-control and brings us closer to progress.

#### Conclusion

Procrastination is a silent enemy that slowly steals time, focus, and opportunity. As members of Generation Z, we have immense talent and creativity, but to achieve our goals, we must replace delay with determination. The key to success is simple: do not wait for tomorrow — the best time to start is today.

**CONDITION OF FARMERS IN INDIA NOWADAYS**

Farmers are the backbone of India, yet many still live in hardship. Indian farmers face persistent issues like low income, high debt, and climate change impacts despite government support. Most have small lands and depend on rain for their crops. Many struggle to cover costs due to market volatility and poor infrastructure.

Across India, countless farmers are losing hope as debts pile up, crops fail, and prices fall. Unpredictable rain and weak support systems leave them trapped in poverty. When hard work no longer brings dignity or survival, despair often replaces hope — leading many to take the most tragic step. Though the government offers help through schemes and support prices, many farmers don't get full benefits. While these initiatives help, implementation gaps and small landholdings mean many remain vulnerable. Climate change, droughts, and floods add to their struggles. A few things that must be ensured by India are fair prices, better irrigation, and modern farming methods so that farmers don't have to live without dignity and stability.

**Ayra Vaskar**  
**Grade VII B**

**THE DAY I FOUND MY VOICE**

First, I was very nervous. I even cried because my mother filled out the form for the singing competition Voice of JMRES. I was afraid to sing in front of everyone. But my mother gave me confidence. She said, "You can do it!" I practiced every day. Then I sang on the stage. I got selected in the first audition round! I was so happy and gained confidence to sing in the second round. Now I am preparing for it with full energy. I am not scared anymore — I have stage daring now. I love singing very much! Singing makes me feel happy and proud. I thank my school for giving me this platform to perform and show my talent.

**Krushna Yatin Bhosale**  
**Grade IV C**

**A DIVINE LESSON IN SUSTAINABILITY**

Sustainability has inspired me to view everyday moments through the lens of reuse and renewal. This Navratri, I experienced how a simple act can carry a deeper sense of environmental responsibility.

When I visited a temple to seek the blessings of Goddess Durga, I noticed the pujari removing a Sonchafa garland that had adorned the deity. I requested him to give it to me, and he gladly agreed. Once I returned home, I decided to transform it into something meaningful.

Using simple household ingredients—salt, cotton, and coconut oil—I created a natural perfumed oil from the garland petals. The process took about ten days, filling my home with a gentle, soothing fragrance. Later, I used the dried petals to make Dhoop, and even the ash left after burning them found purpose as manure for the plants in my balcony garden. The perfumed oil and Dhoop will add a divine fragrance to my home this Diwali, symbolizing purity and mindful living.

This experience taught me that sustainability is not confined to grand initiatives or large-scale projects—it begins with small, conscious actions. Guided by my teachers and the values instilled by my school, I have learned that every thoughtful act of reuse brings us closer to a greener and more harmonious world.

**Sarvad Sanjeev Salvi**  
**Grade VIII A**



### **CELEBRATING 50 GLORIOUS YEARS WITH 50 GREEN PROMISES!**

On 25th September 2025, as part of our Golden Jubilee Celebration, the School Chairman Mr. B.N. Kadam, along with Principal Mr. Prashant Muley, Vice Principal Mr. Deepak Mane, and our dedicated teachers, planted a sapling in the school campus. This marks a step towards our pledge of planting 50 saplings throughout the year – a tribute to 50 years of J.M. Rath School & Junior College, Roha.



### **WELL-BEING INITIATIVE ACTIVITY**

Well-being initiative activities were conducted for Grades 5 & 6 on the topic 'Child Safety' and for Grades 7 & 8 on the topic 'Cyber Safety & Security'.





## MADHUBANI: THE COLOURS OF CULTURE

Madhubani painting is a famous folk art of Bihar, India. It is also known as Mithila painting. These paintings are made using natural colours and are drawn with fingers, twigs, or brushes. The designs usually show nature, animals, gods, and festivals. Bright colours and detailed patterns make them very beautiful. Madhubani art shows the culture and creativity of the people of Mithila. Today, it is loved all over the world.

Mr. Ranjeet Kumar  
(PGT -Painting)





## IDEAS OF JMRES - THE WELLNESS WARRIOR WITHIN

As part of Ideas of JMRES held on Saturday, November 1, 2025, the talk was conducted by Mr. Prashant Vijay Deshmukh, our Physical Education Teacher, on the inspiring topic “The Wellness Warrior Within: Bridging the Gap between Knowing and Doing for Physical Fitness.”

The session aimed to remind teachers that while most people know what needs to be done for good health, the real challenge lies in taking consistent action. Mr. Deshmukh emphasized that every teacher should see themselves as a “warrior” fighting for their own wellness and balance in life.

The talk began with a lively clapping activity, instantly energizing everyone and setting a positive tone. This was followed by an interactive discussion where teachers shared their views on achieving fitness. Their responses, thoughtfully anticipated in the presentation slides, created a sense of shared understanding and engagement.

The highlight of the session was the Marathi proverb “Kalatay pan valet nahi” — meaning “You understand, but you don’t act.” Beautifully illustrated on a board by the Art Teacher, the proverb captured the central idea of the session: bridging the gap between knowledge and action.

To conclude, Mr. Deshmukh led the teachers through a few simple seated exercises such as hand raises, bending, and stretching, proving that fitness can start anywhere, even in a classroom setting.

The talk successfully combined energy, culture, and practicality, leaving teachers motivated to turn awareness into action. It was not just a reminder of physical fitness but also a call to embrace wellness as a way of life.





### FLOWER MAKING: 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!



### CLEANLINESS DRIVE ON GANDHI JAYANTI

The students of Primary section took part in the Cleanliness Drive, enthusiastically they participated in cleaning their classrooms and surroundings. They worked together to keep their learning spaces neat and organized, spreading the message that “Cleanliness is next to Godliness.”

The activity not only promoted hygiene and responsibility but also encouraged students to take pride in maintaining a clean environment.





### DUSSEHRA DELIGHT BY GRADE IV

Our young stars brought the spirit of Dussehra alive with vibrant dances, a dramatic Ram-Ravana war enactment, and the tradition of offering Apta leaves. A true reminder that good always triumphs over evil!





### SPECIAL ASSEMBLY BY GRADE I C – “JUNK FOOD VS HEALTHY FOOD”

The students of Std I C conducted a special assembly on the theme “Junk Food vs Healthy Food.” The presentation included a short skit, dialogues, and role play, where children confidently highlighted the ill effects of junk food and the benefits of eating nutritious food. The performance reminded everyone that “healthy food is the best choice for happy life.”





### BAGLESS DAY

Our Grade IV learners enjoyed a delightful Bagless Day filled with fun and learning beyond books. Vocabulary games strengthened their word power, Math games made numbers exciting, and fun activities like napkin run and dodgeball brought energy to the day. Science experiments sparked curiosity, Diya decoration added festive cheer, and sharing activities spread joy and togetherness.

It was truly a day of smiles, creativity, and joyful learning!



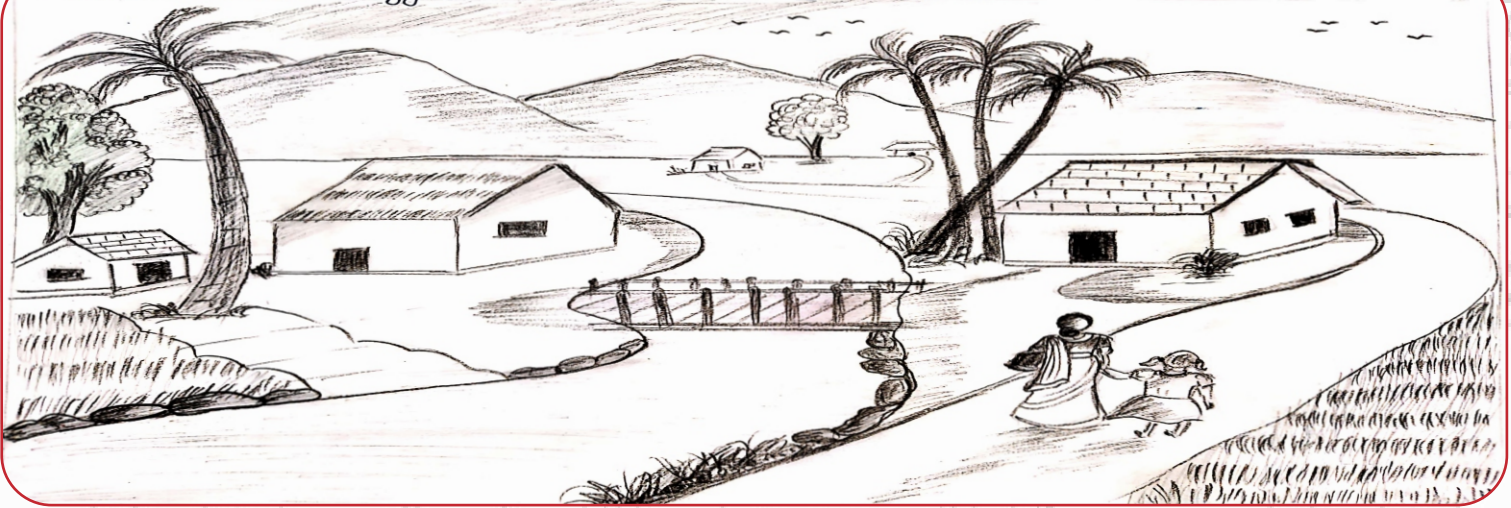


Poovi S. Kadam



Poovi S. Kadam

Name: Mohammad Ayyub Tabish Pedekar Std: VI B



Sangeeta S. Kadam



# COMING SOON

## LEARNING BEYOND BOUNDARIES: INTERDISCIPLINARY PROJECTS 2025–26

At J. M. Rathi English School and Junior College, we are launching a new series of Interdisciplinary Projects for Grades IX and XI in the academic year 2025–26, designed to blend creativity, sustainability, and real-life learning.

Students will engage in diverse projects such as Paper Recycling, E-Waste Management, Creating Botanical Gardens, Preparing a Product and Handling Petty Cash (Business Studies & Accountancy), Exploring Ecocriticism in Literature, World History through Alternative Perspectives, and Mathematics in Real-Life Applications.

Other initiatives include visits to schools for specially challenged students, research on regional Marathi dialects, and campus green and reading drives through the Library and Sports Departments.

These projects mark a step toward experiential learning, nurturing collaboration, empathy, and innovation — truly taking education beyond classroom boundaries.

Mrs. Archana Gudekar



# JMRES سہ ماہی FRAMEWORK

For School Effectiveness



[www.jmreschool.com](http://www.jmreschool.com)

