

SHENSTONE MAIL

NEWSLETTER

*Introducing to you the first edition of our school newsletter
- August 2022 -*

Important Dates in July

- 14th | NCC Cadet Corps
- 18th | Annual Prize Distribution
- 22nd | Inauguration of Interact and Juvenoptimist Clubs
- 29th | Sports Day

Interview with Kapil Ashwa, 8B by Saloni Bisani, 11B

Anyone who attended the Annual Sports Day of 2022-23 would have noticed a fiery and robust player dominating every event he participated in - track and field.

None other than the ardent cricketer Kapil Ashwa, this 8th grader set a new precedent in our school's history by bagging ten golds accompanied by the Individual Championship trophy.

Below is our interview with the young athlete:

How did you feel when Turquoise won the overall championship?

(laughing) I was really surprised actually. Turquoise hasn't won in a long time so I was really happy to see us win.

What qualities and discipline, according to you, should a sportsperson possess?

You shouldn't get too dejected by failures. Instead, you need to correct the mistakes you have made and not repeat them in the future. Being mentally strong is very important. For example, in cricket. If the opponents hit five sixes in an over, you still have chances of bowling him out in the last ball, right?

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Annual Prize Distribution by Urja Sethia, 11A

"Champions are made from something they have deep inside of them - a desire, a dream, a vision." - Mahatma Gandhi.

The starting point of all achievements is desire. If one has the desire to succeed, one surely will.

Keeping this in mind, our schools held the Annual Prize Distribution ceremony on Monday, the 18th of July 2022, in our concert hall.

The ceremony was graced by our Correspondents, Principals, parents, teachers and students of the higher classes.

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An emotional rollercoaster by Mehar Balani, 11D

Sport is one of the few things that acts as an anchor to many, keeping them away from reality, yet simultaneously being present in it. The Annual Sports Day of Sir Mutha School and Lady Andal Venkatasubba Rao School took place on the 29th of July 2022.

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LOOK OUT FOR..

- Exclusive 1 on 1 interviews !
- Note from the Editor-in-chief
- "Potpourri" - our Art section

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How do you balance sports and studies?

When you play sports, your mind automatically works with the physique you have. So studies come a lot easier. People who play sports are very shrewd and agile. Personally, in the periodic tests at school, I scored more than 20 (out of 25) in every subject.

Who is your role model? How does he inspire you to be better?

I'm an all-rounder in cricket so I have two role models - one for each role. For batting, Brian Lara and for bowling, Brett Lee. The latter has a beautiful technique while the former is left-handed, just like me. The way Lara bats... his footwork is like a dance: it's very elegant.

Being a competent and experienced cricketer, you must have faced multiple failures and disappointments along the way. How did you deal with it?

When I experienced failures, I told my parents that I really wanted to quit cricket. They told me not to worry as I had potential and was destined to play cricket. So today when I won, it made me really happy.

Lastly, do you have a message you'd like to say to our readers?

I would like to say that sports requires commitment. So you need to work really hard, as hard as you can. You need to master all the skills, techniques etc. It's not easy, so it's important that you put in a lot of effort.

End Note from Saloni: Interviewing Kapil made me realise how dedicated and passionate he is. It is truly inspiring that he is excelling in his field at such a young age. Although he has a long journey to go, I'm certain it will be a bright and triumphant one.

NCC Cadet Corps Inauguration

by Deepti Aswani, 11C

On the 14th of July 2022, Sir Mutha School inaugurated its first NCC unit on the campus, witnessed by Chief Guest, Lt. Col. Dr Samuel J Premkumar and Guest of Honour, Mr Cyrus Poncha, Secretary General of the Squash Racket Federation of India.

BENEFITS:

- One develops character, a secular outlook, the spirit of adventure and ideals of selfless service.
- Candidates get a reservation in state government jobs and are even preferred by many private industries for different types of jobs.
- NCC also facilitates access to high potential sports such as horse riding, sailing, shooting, hockey and more.
- Cadets thus develop endurance, self esteem, team spirit and set an example of dignity of labour.

it has immense potential in building the nation by shaping young cadets into the best version of themselves.

From the Editor-in-chief,

It gives me immense pleasure to head this initiative that brings to you the happenings of the month gone by! My team of budding student journalists, artists and I have put together this mélange of ideas and we hope it's a success.

We aim to cover the events in our community, current affairs globally, along with showcasing our creative side.

We thank Vimla ma'am, Samira ma'am, Bharati ma'am and Arun sir for their constant support.

We thank everyone who has contributed to the making of this edition - your work is invaluable.

Finally, we thank our readers and hope they stick around till the end.

Please feel free to send us your feedback :)

Until the next edition!
-Shloka Mehta, 11B

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It commenced with a prayer followed by an exceptional classical performance by Ria Kharche of class 12 and was then taken further by the lighting of the lamps. Our principals read out the annual report, highlighting the academic achievements of the school and extracurricular activities.

The chief guest of the ceremony, Ms Rakshana Suresh Prabhu, an alumna of Lady Andal Venkatasubba Rao school, was called on the stage to say a few inspiring words. She was feeling nostalgic and reminisced about her happy childhood at school. She focused on the fact that one should not give up and keep moving further because there is always hope. Her speech was eye-opening and motivated us to excel in our respective fields.

Around 10-15 students per class per section were honoured for their sincere efforts and outstanding achievements during the previous academic year by our correspondent - Mrs Krithika Kumar Quintal and our Chief Guest - Ms Rakshana Suresh Prabhu. It truly is an innovative way of boosting confidence in students and motivating them to constantly improve. The Vote of Thanks was delivered by the school captain; after which the ceremony ended with the School song and National Anthem.

Culinary Corner

by Zoya Ahmed, 11D

Eve's Pudding

INGREDIENTS -

- peeled and thin sliced apples (500g)
- soft brown sugar (50g)
- melted butter (125g)
- caster sugar (125g)
- eggs (2)
- all rounded flour (125g)
- hot water (1 tbsp)

INSTRUCTIONS-

1. Layer the sliced apples in a pan and sprinkle with brown sugar.
2. Mix all the wet ingredients in a and pour it into the dry ingredients.
3. Stir the batter thoroughly.
4. Transfer the batter onto to the pan over the apples.
5. Bake the following for around 20-25 minutes at 180° celsius.
6. Volia!

Jiya, President

"I can't wait to work with my fellow team members and organise successful events to help the needy."

Kalyan, Secretary

"It gives me immense pleasure to be a part of this club and help the society."

Ethan, Director

"I endeavour to live upto our club's motto "Service above Self" and ultimately validate the faith my teachers have in me."

Juvenoptimist Club

Greetings!

It is indeed a great pleasure for us to have been selected as the office bearers of the Juvenoptimist Club for the academic year 2022-23.

We are thrilled to be organising events in our school and helping the less fortunate by donating the profits to them.

It is a privilege to be a part of the Juvenoptimist Club and be able to work with our friends from the Interact Club and

help the indigent. Our main goal for this year is

to do our best and work hard towards making a difference in others' lives.

We assure you all that our team will be assiduous and help the people in need.

Regards,
Juvenoptimist Club.

President - Yuvaansh
Vice President - Zoya
Secretary - Vriksh
Treasurer - Urvii
Project Coordinators - Atira
& Vinesh



Thoughts...

First sports day here, first one in a while.

by Ibrahim Ali, 11B

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by Mehar Balani, 11D

To sum it up, it was an emotional roller-coaster. All those early mornings on the field have given us the willpower to not give up. Sometimes, it's not about winning or losing; sometimes, it's just about being present in that moment, playing as a team and representing your house. At some point, all I could hear was the stomping of feet to the tunes of the drums and the hums of the anthem and that's when I realized, I was at a home away from home.

It's the 29th of July, 2022. The adrenaline rush is on. It's the first Sports Day after 3 years and yet, the competition is real! Everyone was willing to give it their highest potential. Our house (Sapphire) was keen on winning the Discipline Cup. To our surprise, we did get it! Oh, how terrific the experience was, winning a cup on my very first Sports Day in a new school! The day felt like a tiring marathon with lots of amusing and devoted moments. I cannot wait for next year's Sports day for all the cheerful and joyous moments with my glowing house to repeat!

Glory of Sports by Ahana Kapoor, 11A

I had never realized up until now, as I sit and pen down my thoughts, as to how beautiful our sports day really is. It brings out the leader in people, the crouching tiger waiting to leap, that building roar waiting to be heard. It brings out qualities of unity, strength and hope along with buckets of sweat and tears of joy. Blinded was I, by the colours around me and the houses- their flags soaring high, deafening were their roars. Life is a game and so is sports. Sometimes you win and sometimes you lose, life goes on! We learn from both, and what do we come to school for if not to learn and stand tall.



Smriti Seshan of class 12, is the captain of the Turquoise house. In this year's Sports Day, Turquoise house, under Smriti's leadership, won the inter-house cup and the overall championship

The winning moment... How did it feel?

The moment was surreal... I think it was the first time that the Turquoise house won both the Overall championship and the Inter-house cup. I am extremely proud of my house.

How was it to work with fellow Turquoise house students?

This is the best team I've worked with. They are very supportive and enthusiastic. They will always have a special place in my heart.

What's your next step, now that Sports Day is over?

We've achieved a great milestone but now I'm just planning on enjoying the moment. I'm also excited about the upcoming Padma Bhushan basketball competition.

In life, who do you look up to?

I look up to Bruce Lee. There's this one quote he said that touched me: "Empty your mind. Be formless, shapeless, like water. You put water into a cup, it becomes the cup. You put water into a bottle, it becomes the bottle".

Any message to the juniors?

Yes. Don't give up. Everything is in your hands and you have the power to change it.

-Tresa Vipin, 11B

We had the opportunity to interview the Topaz house captain, Ria Kharche of 12A, after the Sports day.

When asked how she felt the day preceding Sports day she replied 'I had mixed emotions. I was nervous but also quite sombre because it was my final year in school. However, I just tried to go with the flow, so I didn't really 'prepare' per se'. We asked her how she prepared her house for Sports day, she said that she tried to reach maximum participation from her housemates, and that she had allocated the most time for the March-Past. She continued saying that there were many challenges and obstacles; she wasn't sure if she would be a good captain as she wasn't the most dominating or prominent person. She also stated that she wanted to do justice to her previous house captains and her housemates this year. We asked her to describe how she felt when she had won the March-Past cup, she responded 'My reaction was funny, according to my Vice-Captain. I wish I could replay it because at that moment, I was the happiest person on Earth. This was the cup that I coveted, and we finally won it! I'll always replay that memory in my head'.

-Imran AS, IIC



Photography



by Isha Hegde, 11A



by Deepti Aswani, 11C



by Urja Sethia, 11A



by Isha Hegde, 11A

Art



by Riya Mardia, 11C



by Deepti Aswani, 11C

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All from class 11.