



Chinmaya Sakshi



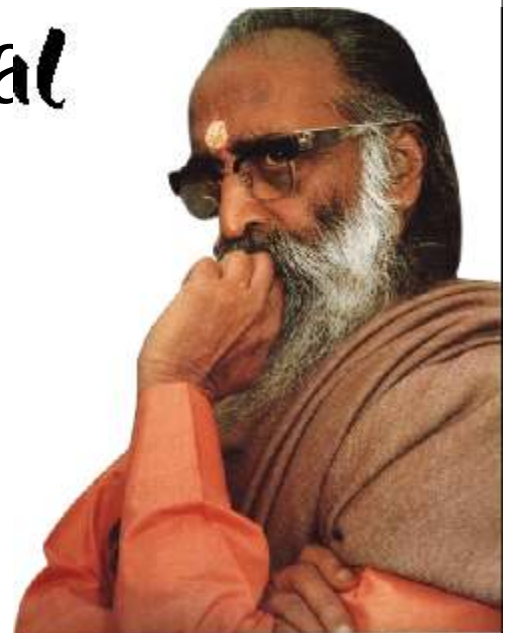
Chinmaya International Residential School

E-Newsletter

May 2008



Summer
Special





From the Editorial Desk

Hari Om!

Summer school is a time of sport, fun and adventure. A time when the senior school gets together. Summer school is a different experience filled with creativity and innovation. Thus, we thought of making this e-newsletter different, a special summer school edition. A lot of events have taken place during this short period of time. Kala Sangam for example, served as a medium for us to know more about art and to explore the world of creativity.

Summer school is also full of sport activities. Inter-house matches comprising of outdoor sport such as volley ball, throw ball, badminton and indoor games such as chess, table tennis were conducted as well as the first water polo inter house match.

A lot of changes have also taken place in school. Our 12th grade students have left CIRS and we wish them best of luck for their future and we welcome our new students. Also, the 10th and 12th grades have done exceptionally well in their board exams with a cent percent results.

Lets look forward for a fruitful 2008-2009 year ahead with the motto, "Save, Sacrifice, Serve".

We would like to conclude by saying, 'Work hard to get what you like; or you would be forced to like what you get.'

Shruti Kedia, Viswanth Kumar, Savi Kerkar
Cultural and Literary Secretary

Associates:

Lipi Mehta, Devansh Goenka, Swapnam, Nikita Kumar , Sreeram Iyer, Sai Nigilesh ,
Devesh Poddar, Rangini Kumar, Varun Bharadwaj, Meetal Agarwal





From the School Deans

It's been almost a year since we were given our responsibilities. It has been an experience that we will truly cherish throughout our lives. It has been a privilege serving the school through our designated posts.

We have been inspired and motivated by one and all around us. We would like to take this chance to share with everyone the various things we have learnt in the course of this one year.

Life comes with its ups and downs but it is a must for us to keep going as we have to understand that unlike our daily classes, life tests us before giving us the lesson.

As it is said, change is inevitable. We all must be open to change and be ready to face the challenges that life brings before us.

We would like to conclude by saying, 'Work hard to get what you like; or you would be forced to like what you get.'

Sachin Sancheti
V Jayshree
School Deans





Sacrifice Save Serve

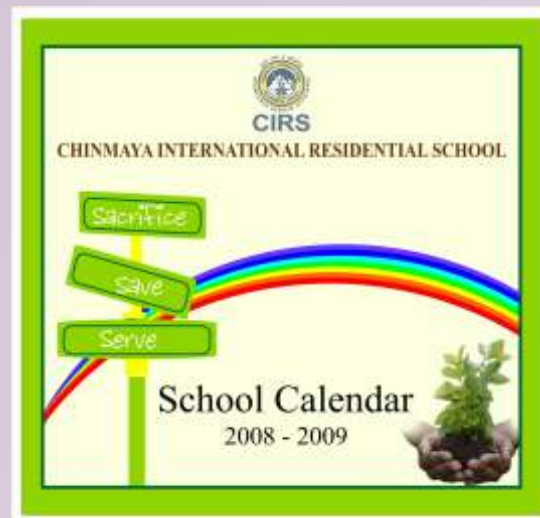
Global warming, plastics, pollution, over-population, etc. are major problems in the growing and technological world. We as a school want to try our level best to reduce the growth rates of these problem causing elements, at least at the school level. So the theme that the CIRS family has adopted for the year 2008-09 is “SACRIFICE SAVE SERVE”.

This theme for the year has been chosen after a lot of pondering and thought. We as a school have thought of every aspect of life and thought that as levels of carbon-dioxide and plastics have boomed up; we shall try our level best to reduce the use of plastic at least in our campus.

Our NCC officer Mr. Shiva Shanmugam and our NCC troop thought of launching a jute bag system in the school. When ever any person enters the school with anything, they are not allowed to carry the material inside with a plastic bag. The security has been provided with many jute bags .The school is very strict on following this newly adopted method of saying “NO TO PLASTIC” and so we adopted this new method which is going on very smoothly. The school uses many papers daily either for the teachers or for the staff or for the students.

We thought we should save, so every body in the campus uses only one side used paper for internal use, i.e. all the circulars issued inside the school for school purposes will be one side used paper.

We as a school want to help ourselves and the world so lets **SAVE SACRIFICE AND SERVE!!!**





Orientation For 11th Grade

May 2008

The art of living!

I would really be interested in knowing how the students outside CIRS spent their time from April 6th to April 12th as I pity each and every one of them. This is because, for me, this week was one of the rare occasions where I spent my time productively.

After all, it was spending quality time with quality people.

And in spite of this, the strange part is that I consider all this an understatement.

It is a natural tendency for every person, irrespective of his open-ness or self-confidence, to feel at least a little apprehensive when he is thrown into a completely new surrounding with people he has never met before.

But now, as I am writing this article, I have people who are coming over to give me suggestions and ideas for improving this write-up.

We started off with various ice-breaking sessions which enabled us to know each other better. In majority of the cases, there seemed to be no desperate attempt for friendship... it was naturally radiating from each person. Workshops on team-building and communication skills with Taneja Sir enhanced the interest quotient within us.

The best part was that each and every person's view was considered, as a result of which everyone emerged as more knowledgeable people.

One of the most memorable experiences were the video footages on the 'Ladder of Fall' by Gurudev coupled with a documentary, 'Love made Visible'.

We did some social service with the CORD group and another valuable experience was the trekking we had. It felt great on realizing that we are so close to nature and looking at the CIRS campus from such a great altitude was an experience which cannot be equated in words.

At this stage, I would have to mention our first friend at CIRS, Rishi Bhaiya, without whom we wouldn't have settled in so comfortably.

Though this article is written by me, it represents the voices of all the new students as we consider ourselves lucky to be a part of this wonderful CIRS family.

We would like to conclude by saying, 'Work hard to get what you like; or you would be forced to like what you get.'





Shubh Sahas

May 2008

Ropes, harness, carabineers, descenders . . .

Shubh Sahas is a concept that combines the simple joy of being in the wilderness with the skill, equipment and strength to travel without causing harm to anyone, the environment or ourselves. Shubh Sahas is more than climbing, seeing panoramic views and wilderness experience; it is challenge, risk and hardship. Shubh Sahas brings inspiration and joy in a pursuit that is more than a past time, more than a sport or a passion, and sometimes for some people a compulsion.

This might speak of only adventure but they seldom more than hint at the joys and hardship that await. When one is in the camp he is prepared for the totality of nature—storms as well as soft breezes, tangled brush as well as alpine flowers, biting of insects as well as singing of birds. Shubh Sahas takes place in an environment indifferent to human needs.

Shubh Sahas in CIRS started on 30th March. Some students who had joined the previous year were participating for the first time while some students were participating for the 4th or 5th time. But the difficulty level was the same for everyone. All the students did the same activities but the difficulty level was according to their grades. Students participated in activities like rope climbing, monkey crawl, cat walk, jummaring, burma bridge, climbing up and down the ropes etc. The students were also taken for rock





Shubh Sahas

May 2008

Ropes, harness, carabineers, descenders . . .



climbing where they were taught how to climb small cliffs or small rocks with the help of cracks, holders etc.

The students of standard 9th and 11th grade went for a 5 day camp to Munnar where the students had a wonderful time. One of the activities which we did over there was raft making with the material provided. After we had finished making the raft we had to cross the lake over there and return to the same spot. Other than this the students went for trekking, learnt different uses of ropes how to use them while crossing the two hills, or going from one side of the river to the other. They also taught us different knots, some of which can be used in day to day life.

The students also had an obstacle race in which they had to pass through the tyres, climb on the planks, walk the log of wood, pass through the lake, tarzan rope, 6feet jump, 3feet high jump, had to go through a tunnel and of course they had to finish the race for which they had to sprint. It was really great doing all the activities. Students who had never thought they would do such activities had also completed it.

It's said that every thing after all comes to an end and so did this wonderful program conducted by the people of Leap for all the students of CIRS. The program ended up with a prize distribution ceremony.



Senior Social Science Quiz

May 2008

Presenting the past!

On 30th April, the Social Science Department organized a quiz for the senior school students. We were all very fortunate to have Swamiji with us. The theme of the quiz was “Heritage of India” and “World history”.

The questions in the quiz included a wide range of information starting from the first dog who visited the space to the continent without glaciers. The four houses-Valmiki, Vasishtha, Vishwamitra and Vyasa actively took part in the quiz. The quiz was conducted by Smt. Anuradha Ma'am, Smt. Geeta A. Ma'am and Sri Diwakar Sir.

There were six rounds in the quiz and six contestants which included two people acting as helpline. After a fierce competition, Valmiki house secured the first position followed by the Vasishtha house, the Vyasa and the Vishwamitra house. The quiz was a great source of knowledge and was appreciated by all.



Language Week

May 2008

Presenting a multi verbal cuisine

English, French, Sanskrit and Hindi; the languages which dominate the world. All these languages were celebrated in CIRS and we learned the importance of these dialects.

The English week was headed by the English Department with Sunanda Ma'am in lead. During those following days we were made aware of the importance of this language. We were amazed to know that indirectly or directly English is fluently spoken through out the world. We were also fortunate enough to hear a few of the classic poems by eminent people such as William Wordsworth (Daffodils) and also a few poems by our own budding CIRS poets. We also had a soliloquy presentation by the senior grade (grade 12).

English week was followed by language week. It kick started with Hindi-our National language. We heard quite a few poems ranging from ancient times to CIRS created poems. We came to know about the importance of our national language. This was followed by French language, which was quite interesting as it was a new world to many of us. We learned a Christmas carol (Petit Papa Noël) and we also witnessed a play enacted by grade 12 in French dialect. Finally, the week came to an end with Sanskrit- the mother of all languages. The most ancient language which forms the base of many foreign languages. A quiz was conducted through which we learned a few words and their meaning.

This language week celebration taught us many new languages and opened a new world for us. It presented us the beauty and the culture which each language holds with itself.



Celebrated Festivals

May 2008

Bolo Ram Ram Ram!!

The months of April and May were bursting with numerous diverse festivals. The old students joyously participated in the festivities while the new students were enthralled by the cultural dimension of life that CIRS offers. However, regardless of the physical celebrations, every CIRS student was also informed of the significance behind every ritual practiced. Here is a brief synopsis of the festivals:

Rama Navami/ Vishu / Tamil New Year Celebrations:

According to tradition, it is considered sacred to see one's own face first thing in the morning. Thus an altar containing a mirror surrounded by an array of fruits and grains representing a full harvest was constructed in each dorm. One by one student were woken up and taken with their eyes covered to the altar. Students were then left alone in front of the altar where they uncovered their eyes and saw their face first thing in the morning. The celebrations did not stop there, with an intriguing talk by Swami Swaroopanandaji which ended with the uncovering of a model baby Rama held within a crib. The lecture was followed by a traditional banana leaf lunch. The day ended with a beautiful bhajan program and Aarati.

Hanuman Jayanthi:

The joyous birth of Lord Hanuman was celebrated with great pomp and festivities. Many students chose to fast for the occasion in order to resemble the self discipline and self-control that Lord Hanuman exhibited throughout his life. Festivities began in the morning and continued until the evening. The main event was the chanting of Hanuman Chalisa, a poetic tribute to the life and achievements of Lord Hanuman written in hindi by Tulsidas, 108 times. A majority of the students chanted for a span of one hour, but students opted to chant the full 108 times. The festivities ended with a talk given by Swamiji and the singing of bhajans.

The celebrations not only gave the students a well deserved breather from their studies, but they helped the students acknowledge the significance and meaning behind the lives of Shri Rama and Hanumanji. As the painter who observes his subject and then beautifully reproduces it onto paper similarly by having the students examine and dwell into the character, actions and lives of these heroes, they too will be able to mimic their actions.





Gurudev Jayanti

May 2008

Celebrating truth ! Celebrating wisdom !

A man who revived the Hindu religion, a complete disciplinarian, an exemplary orator, one who propounded the virtue of self belief, and above all, a man who had the ability to be one with the Almighty God. All these phrases can be undoubtedly associated with Param Pujya Gurudev Swami Chinmayananda .

Gurudev was born on 8th May,1916. This holy day is celebrated as Gurudev Jayanti with immense enthusiasm and has become a tradition which spreads immeasurable joy and happiness. The celebration for this auspicious occasion began with the Guru Paduka Pooja where everyone surrendered themselves to the holy feet of Gurudev to invoke his grace and blessings. There was a quiz and a number of games like 'Snakes And Ladders' and 'Gurudev! Save me' which were conducted by the school faculty and volunteers with an objective of making the students familiar with Gurudev's life and his principles. Swami Swaroopanandji gave an inspirational talk to the students telling them about Gurudev's childhood and his inspiration behind learning the Vedanta. The students were taken for an exhibition where they enjoyed seeing the sight of various pictures and inspirational quotes of Gurudev, including the pictures of his Mahasamadhi. In the evening there was a very engaging session of completely mesmerizing bhajans which were sung for Gurudev. This session was concluded with the Aarti of the picture of Gurudev as a small baby.

Every student was able to relate strongly to the various incidences of Gurudev's life. Gurudev being a naughty child, the switching of his field of interest from intermediate sciences to subjects pertaining to journalism, his participation in the freedom struggle, his constantly enquiring mind that questioned almost every ritual, his decision to achieve the higher goals in life after being convinced of the existence of God in life he drew from Swami Tapovan Maharaj his interpretation of the Bhagavad Geeta, his humility which reflected through the expression of his immense gratitude towards his gurus, his disciplined life and organized skills which resulted into the formation of the Chinmaya Mission were all facts from which everyone drew a great deal of inspiration, motivation and joy. His wonderful memories and graceful blessings will remain etched in the hearts of every member of CIRS forever.



*"Real Service to the Teacher is to try and understand
His words, his ideas; to reflect upon them and strive
Our best to live up to them."*



Kala Sangam

Many artists , one roof CIRS

Kala Sangam an art conference for the teachers who are in the field of education was a part of the ongoing Vidhyalaya Improvement Programme (VIP) of the CCMT education cell was hosted at CIRS from the 10th to the 14th of this month. The main aims and objectives of Kala Sangam were:

- To develop a sense of aesthetics.
- To appreciate art in all forms- natural or man made.
- To understand the existence and involvement of arts in one's life.
- To motivate each other to explain their potential in arts.
- To develop the medium of communication with one's inner being, the world and the supreme.

It also gave an idea of how art can be used for education without using books.

There were about 135 delegates including 33 principals of 40 Chinmaya Vidyalaya's and three 'vision' schools who participated in the programme to learn different skills of arts. Speakers distinguished in their fields and involved with arts were also present to speak and interact with the delegates. For example, one of the speakers who spoke to them is presently working towards reading and understanding psychology of individuals through the education of arts.

We the students of CIRS were lucky enough to get a chance to meet and interact with a few of them.

The different themes to which the Kala Sangam delegates were exposed were drawing, painting batik, tie and die, digital art, art splash, art curriculum, sand sculpture and toy making (toy making gave the idea of teaching science without using books). All the schools were given a chance to display their piece of art in our school block.

As someone has rightly said, "Learning in arts never ends." I think, the Kala Sangam programme gave the delegates a chance to share their knowledge and talent of arts with others and also a chance to learn new things.

"The perfection of art is to conceal art."

"Never judge a work of art by its defects."

"The mission of art is to represent nature, not to imitate her."

"The true work of art is reverent imitation of god."

"The true work of art is the shadow of the divine perfection."





IB Visits An Orphanage

Return To Innocence

May 2008

Enigma sings, "Return to your sense's, return to your innocence"

Surely, innocence in the true sense .The 1st yr IB students had a golden opportunity to visit an orphanage in the city. Apart from the physical presence of the orphans, the subtler aspect was the abundance of learning we gathered from there.

Like buds, ready to bloom into flowers, those children personified love and harmony. Each not complete without the other, they proved that team work works. Whether it was the songs they sang, the dance they performed or their incessant chatter , they kept going. Spelling English words was a dream they've all accomplished and even our hearts swelled with pride when we observed their keen interest in learning more.

It was just like being stuck in a time-wrap, longing to return to our childhood. Their clarity of thought and expression astounded us .

Harnessing their talents in their unique way, each one of them is special in their own way. They opened a whole new window for us, a totally different dimension to look at and we can't be more grateful.



Jokes

Laugh It Out!

May 2008

A neatly-dressed salesman stopped a man on the streets and asked, 'Sir would you like to buy a mouthwash for \$200?'

Aghast, the man said, 'Are you nuts? That's robbery!'

The salesman seemed hurt but continued, 'Sir, since you are a bit irritated... I will sell it to you for \$100.'

Again, the man replied bluntly, 'Go away!'

The salesman then reached into his briefcase and pulled out two brownies and began munching away on one.

He then offered the other one to the man to soothe his anger.

The man unwrapped the brownie, took a bite and said, 'This tastes like crap!'

The salesman replies, 'Indeed! It is crap!' 'Now, would you like some mouthwash!?'



Symposiums

The fantastic four

May 2008

According to a dictionary, the word, 'symposium' means 'a conference or a meeting to discuss a particular subject.' But at CIRS, it creates a platform for children of various age-groups to bring out their artistic, creative and dramatic abilities.

The four houses each presented a symposium dealing with different emotions. It was impossible to walk out of any symposium without learning a lesson, so simple, yet so effective.

The Valmiki House

'The Twilight of the Gods' by the Valmiki house revolved around how past lives and experiences can shape us as individuals. All the main characters in the play had to deal with difficult pasts which changed their perspective on life entirely.

They were united for a particular cause - destruction.

As human beings, trauma at an early stage can build up to a catastrophe in future!

The Vasishtha House

'The Butterfly Effect' surely had a huge effect on the audience. It touched the hearts of one and all because of its special message. It suggested that in life, we don't usually get second chances. So, we should make the best of the only opportunity we get.

We must make the best of each moment in life without having to turn back and regret.

The Viswamitra House

'V for Vendetta' was fired with intrigue and can definitely be called a 'heart-stopper'.

The symposium's message pointed out that nothing in life is trivial enough to be underestimated to an extent that would bring downfall to oneself.

The Vyasa House

'The Breakthrough' was a thorough respite from school's daily happenings. Filled with dabs of humor a touch of drama, it was spectacular. It provided a thought to the fact that when power and money are at stake, people forget more important relationships.



Water Polo

The ultimate water Fight!

As the school walked into the swimming pool area every member of the C.I.R.S family saw something they had never seen before! The flood lights created the perfect ambience while the music set up turned on the audience. A sense of curiosity crept into everyone and with a sense of anticipation everyone settled down. It was the mega water polo event which was to be inaugurated by the exhibition match between the Vishwamitra and the Vasishtha house (The Sea Phantoms) versus the Valmiki and the Vyasa house (The Poseidon VII).

Pujya Swami Swaroopanandaji, along with our principal Shri Anurag Sangal graced the occasion with their presence. The players from each team were then introduced in an extravagant way with the outstanding qualities of each player being announced as they braced themselves for the big occasion. Many teachers came for the event and were themselves taken in awe of the setup.

Swamiji started the match with the launch of the ball in the centre of the pool. The Sea Phantoms were on the attack from the start but the Poseidon's got back with the progress of the match. Eventually, the Sea Phantoms won with Harsh Tibrewal, scoring a whopping 6 goals and the final score was 7-5.

The next day The Valmiki and Vasishtha house got at logger heads where Rohit Sharma, the captain of Vashishtha house swimming team, proved to be the backbone of the Vashishtha house and successfully overcame the Valmiki house with a final score of 9-2.

The Vyasa and Vishwamitra house got into a highly anticipated match but more team work and determination from the Vyasa house along with self confidence got the better of the Vishwamitra house. The final score being 8-4 due to brilliant saves by Raunaq Kataria including a penalty save.

The finals took place between Vasishtha house and Vyasa house. The match between Vishwamitra and Valmiki house was first in which the Vishwamitra house won with the final score being 7-4.

Then came the final match which was expected to be exciting and the players did not disappoint us. The match was fierce and eventually after a neck to neck fight Vashishtha house won with the score being 4-3.

It was indeed a competitive celebration of sport with many unsung hero's emerging from this three day extravaganza. Inspiring commentary by Abir Das and Srijan spurred on the players to put in their best. Described by many as the IPL of C.I.R.S, this event was truly a platform for many to display their skills.





Book Review

May 2008

The Monk Who Sold His Ferrari.

'The Monk Who Sold His Ferrari' is a tale which provides an insight to a simple life with greater balance, strength and courage coupled with abundance of joy. The format is a refreshing change from the tiresome listing of all the good things we could do for ourselves but do not. Although most of the principles dealt with can be found in many other books on self-help and spirituality, this book is different. Robin Sharma has written it in a different way to weave a tale about the protagonist, Julian Mantle, a lawyer brought against dilemma. He embarks on a life-changing journey and discovers the ancient culture of India and learns the value of time being the most important commodity.

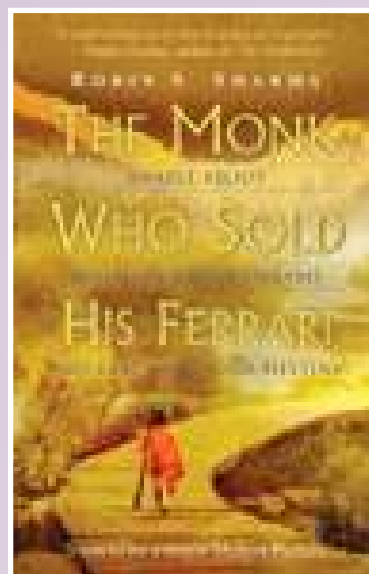
This book also tells us how he met the 'Sages of Sivana who had a life-long impact on him.

Julian then talked about prioritizing various things in the course of our life while still maintaining a balance so that life can be led in a simplified manner.

He also gives examples to prove that willpower is an essential virtue of an actualized life.

On the flip side, the message might seem a trifle too clichéd and the lectures too pedantic for a reader who is more or less reserved with the principles garnered by Julian Mantle.

Against all odds, it is a sure-shot book to change one's approach towards the various dealings of one's life.





CIRS General Elections

May 2008

Elections hit cirs . . .

I could feel the humidity in the air in spite of the fan whirring above us. The sun shone through the new glass paintings put up in our M.P.H. As Diwakar sir completed his speech all the students of C.I.R.S. stood still in silence. We all wanted to be a class representative but like they say, with great power comes great responsibility. Now you would wonder what is wrong in becoming the class representative, well it is not easy to go and talk to someone and convey their point, especially if this someone is the principal of your school. Altogether we had a fruitful session after which the filling of nominations started. Many got dejected and resigned while others, ambitious and daring, continued their quest for power. The elections took place in a manner similar to the assembly elections in India. The candidates advertised their colourful posters on the notice boards. They chose their attractive symbols according to their wish and then finally tried to convince us the same way Lalu Prasad Yadav did. Many different techniques could be seen. Few tried to speak in different languages while others made promises. All this was to attract more votes. Our principal enjoyed seeing these sights. In the end we voted for the best candidates. One girl and one boy class representative was chosen for every class.

Winning by an inch or winning by a mile. Winning is winning!



Jokes

May 2008

Laugh It Out!

How does a man in the moon get his hair cut?

Eclipse it!!

How can you get four suits for a dollar?

Buy a deck of cards

What has a lot of keys but cannot open any doors?

A piano



Regulars

May 2008

Whats happening

- 1.The senior school library has updated itself. The students are now provided with bean Bags as well as air conditioner.
- 2.The Multi Purpose Hall (MPH) has been painted. It has also has been decorated with glass paintings done by our art department and the 10th grade students.
- 3.Guruji visited our school and gave both the students and teachers a spiritual talk. He addressed the students about “How one can achieve success”
- 4.During the Kala Sangam, the senior school had the opportunity to interact with a few of the professors. We met Mr Bhatnagar, Mr Ajit Rao, Sri Kesav, Sri Krishnesh Mehta.
5. Our school secured a cent percent results in our board classes. In 12th CBSE Science, Hariom Jani topped the school with 94% and in 12th CBSE Management, Ritwick Dudani secured the school with 92%. In the 10th grade, Stuti Khemkha topped The school with 94.8%.



Hariom Jani
12th CBSE Science



Ritwick Dudani
12th CBSE Management



Stuti Khemkha
10th CBSE

