

# Heriday

AUGUST 2016

THE MAGAZINE OF ATMIYA VIDYA MANDIR

*The heart of education is educating the heart.*





“માતા-પિતા રાજી તો ભગવાન રાજી”

આપણે ઘરમાં મમ્મી-પપ્પા ઉપર, ભાઈ કે બહેન ઉપર ક્યારેય ગરમ નહીં થવાનું...

એ ભલે ગરમ થાય પણ આપણે ગરમ નહીં થવાનું...

આપણે ગરમ થઈએ તો પ્રભુ બુદ્ધિનો વિકાસ અંધ કરી દે.

આપણે બધાની સાથે મિઠી જબાનથી, ઠંડે કલેજે ને વિવેકથી જ બોલવું છે.

એ આપણે ભૂલવું નથી. જેના ફળસ્વરૂપે ભગવાન આપણને બુદ્ધિયોગ આપે.

આપણું હૃદય બદલાઈ જાય. આપણા વિચારો સરસ આવે.

- પ્રગટ ગુરુહરિ પ.પૂ. હરિપ્રસાદસ્વામીજી મહારાજ

૪ જાન્યુઆરી ૨૦૧૬, આત્મીય વિદ્યામંદિર પ્રાર્થના હોલ



# Editorial

Dear Reader,

Namaste.

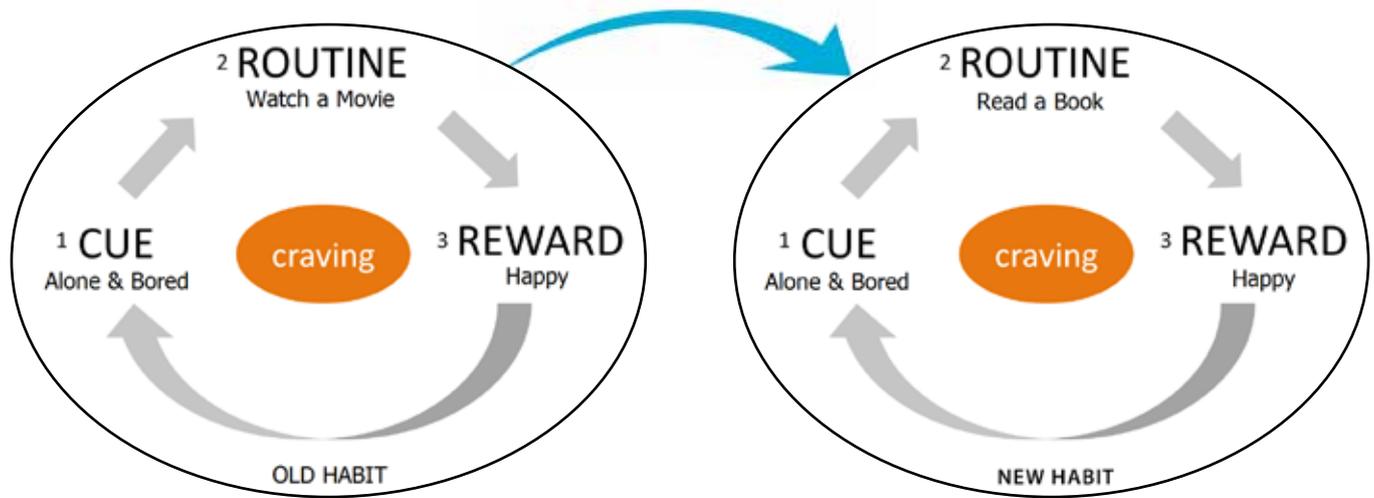
**“Children are sponges, soaking up every verbal and nonverbal interaction.”**

**- Asa Don Brown**

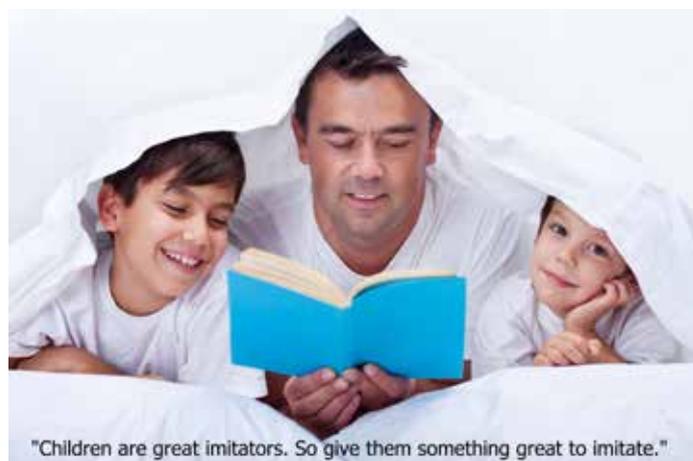
Dr. Brown reminds us with his quote that the minds of children are like sponges. They absorb everything they hear, speak and see. As parents and teachers we cannot control everything that our children are exposed to. Our mind gets boggled when we think of all those movies, songs, visuals, etc. which our children are exposed to through various sources everyday. Sometimes, we don't even realize that the movies that we take our children to, the music that we listen to, the programmes on the TV that we see together and perhaps the most important, the way we talk to our children, affect them.

Taking children to movies is very natural for us, especially in vacation. It is a habit. We and our neighbours together plan to take children to movies. We also allow our children to go for movies with their friends. Oh Ya! Now when you contemplate, you understand that the movie you took your children to, was not appropriate for them. So, how would you know if the movie is appropriate for your children or not. The simplest way to find out is to see the movie alone first, however if you do not have the time and money to do that, you can check the 'Parents Guide' section on the IMDB website. This has got you thinking and now a question is arising in your mind. "What can we do for children which will help them learn, enjoy and entertain?"

In his New York Times Bestseller, 'The Power of Habit', author Charles Duhigg says that we cannot eradicate a habit, we can only replace one with the other. So rather



than taking our children to movies, we can sometimes read to them or we can see a TED Talk together and discuss about it. The Internet is full of excellent material for children and if we take some time out doing the research, both our lives and our children's lives will be enriched. A great educator has rightly said, "Children are great imitators. So give them something great to imitate." This means that if we as parents and teachers want our children to replace their habit of watching movies, we must change it ourselves in our lives. We must see and read stuff that is positive. If our kids see that change in our lives they will change automatically.



Another important aspect of parenting is allowing our children to fail. We all love our children and sometimes become blinded by our love. We try and provide them everything that we have failed to get in our life. If we look back in our life and the lives of all great people living or dead, we find that they have not achieved success the easy way. All of them have failed in their

life multiple times and their struggles have built them into the person they were. One way to imbibe this skill in our children is to talk about our life struggles also rather than just our success. Discuss life of people who have struggled and have become successful. Read biographies of great people with your children or watch a movie or documentary on their lives and then discuss with them.

"The most important people in a child's life are that child's parents and teachers. That means the parents and teachers are the most important people in the world." - Fred Rogers (of Mister Rogers' Neighbourhood). Let us become the change in our lives, so that we can see that change in the lives of our children.

At school, we provide many opportunities for our children to explore themselves and to learn from their failures. In the last term many academic and co-curricular activities were conducted in the school. This edition highlights some important activities that took place in this period. Also we had some spectacular results in the CBSE board exam again this year. You wouldn't want to miss that section. Please visit [www.avm.edu.in/news](http://www.avm.edu.in/news) for more information about school activities. Or visit the school's YouTube channel on [video.avm.edu.in](http://video.avm.edu.in) for the videos of creative assemblies and other celebrations. Also, you can follow us on our Twitter handle @AVMupdates for up to date news about the school events.

Happy Reading!!

- PRAJVAL SIR

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# AVM OUTLIER

“No man is obliged to learn and know everything; this can neither be sought nor required, for it is utterly impossible; yet all persons are under some obligation to improve their own understanding; otherwise it will be a barren desert, or a forest overgrown with weeds and brambles. Universal ignorance or infinite errors will overspread the mind which is utterly neglected, and lies without any cultivation.”

The opening paragraph in “The Improvement of the Mind” written by Dr. Isaac Watts (1751); the book which greatly inspired a poor, ill-educated, 13-year-old apprentice bookbinder at a book and newspaper shop in Central London, frequented by many educated & eminent people of the day! This apprentice, Michael Faraday, son of a blacksmith, spent hours and days, skilfully and carefully binding the books. Books on a variety of subjects that had come to be bound at the shop, opened up the world for him. His hunger of learning and for self-improvement grew after he laid hands on the aforementioned book by Reverend Watts. So remarkably driven was he that he told his friends to correct him every time he made a grammatical mistake



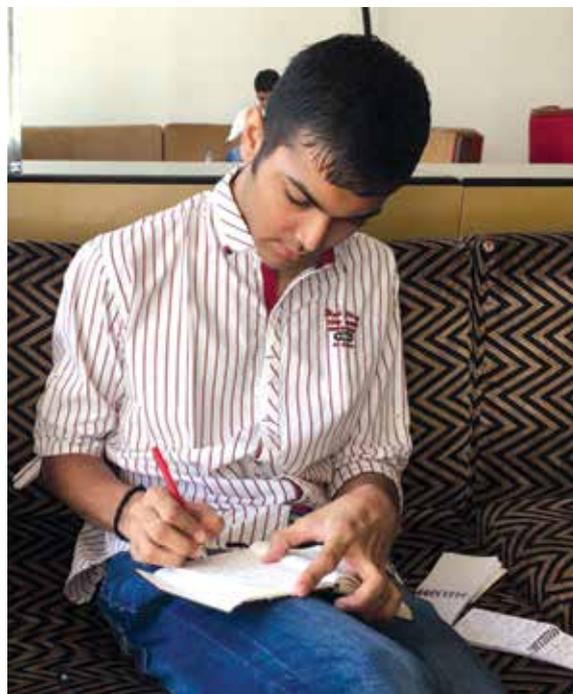
Michael Faraday

in any conversation. To widen his knowledge, he borrowed money to attend lectures of the wise, learned and well-qualified people (especially of Science) of the day and used to keep a commonplace book in which he took rough notes that he copied out in a fair hand at home.

It was his meticulous notes that brought him to the attention of Sir Humphry Davy, one of the greatest man of science in Europe at that time. In his first and a very brief stint, he started off with washing bottles, sweeping floors and cleaning fireplaces at the Royal Institution, but very soon was offered to work with Davy in many of his experiments. And eventually, the sheer drive for learning of this self-taught young man and his

devotion to the scientific endeavour led to the birth of field theory, among many of his other contributions. Field theory has given way to most of the major developments in modern physics and has become the basis for today’s reigning theory of matter and forces, the Standard Model.

At Atmiya Vidya Mandir, it is very much a delight and a privilege to witness the life and growth of students with such remarkable habits and values. In terms of his incredible drive for self-improvement, there is a striking similarity of one of the 2016 AVM graduates, Harshbhai Gondaliya with the teen aged Faraday. Despite the academic rigor during the last two years of his high school (and that was considerable!), he put together all those thoughts and sentences for his self-improvement that he came across during this period from any source: students, teachers, parents, saints, scriptures, bhajans, school morning assemblies, books, introspection and self-experiences, into about 270 pages of his diary! And one could not just stop marvelling at his teen-aged-Faraday-style rewriting of his collection of gems of wisdom in fair whenever he got “free”. And to refer to the collection repeatedly and ponder over it!



Upon being requested by his teachers to allow access to his collection, he was generous enough to share the same. One anecdote from his pages so clearly

indicates his earnest desire of self-improvement:

• 9<sup>th</sup> October 2015: This day, night in front of Sabjanand Swami's Murti in our temple, I cried and told all about my one bad virtue which was limiting my progress. I literally cried there standing for about 9 min. Then on, as I leave the temple, I find that I possess that virtue no more. Even in the following days I could find no instinct of me having it.

It reflects the strong desire to achieve a set goal in the way the ancient rishis appealed to any aspirant in the form of the verse:

अर्थं साधयामि वा देहं पातयामि

(I shall achieve my set goal or else let this body fall.)

Harshbhai's ardent desire for perfection made him follow such a schedule that left ALL around him (including his teachers) baffled! It may seem very unscientific, but for most of the time from December 2015 to March 2016, he lived on about 3 hours sleep a day! And displayed the stamina to work with extreme focus for most of the day, every day! This extraordinary ability was an outcome of his habit of keeping his senses positive. And of his utmost faith in prayers. Not only did Harshbhai inspire people around him in academics and spiritually, he also had a positive influence in his commitment towards eating healthy! For example, he abstained from soft drinks, no exception! And despite suggestions from his teachers and peers, he still comfortably followed this schedule due to his positivity of senses and thoughts.

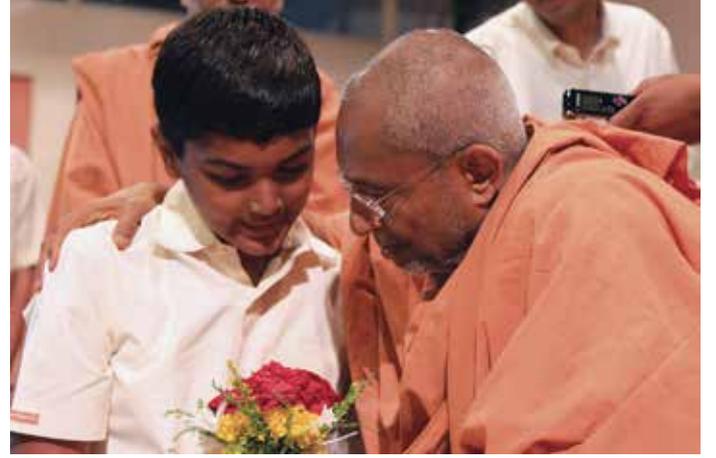
Like Faraday, he had the tendency to work through all the details of all the topics on his own to his own satisfaction after having discussed with the respective subject teachers. During his Std 9 and 10, Harshbhai was elected as the Suhradam House captain, had actively taken part in various house activities and contributed significantly in the annual athletic meet. He had scored a perfect 10.0 CGPA in his Std 10, was a very good debater and a competent basketball player. But he was not one to rest on his laurels. What was amazing was his continuous striving for improvement regardless of the rate of his work or the amount of pending work!

Despite being sincere and hardworking, like any other student, he too faced academic challenges. During the days leading to his board exams, he was fall-

ing well behind his planned revision schedule. In this phase of uncertainty, he received the much needed and well deserved blessings from Param Pujya Swamishree conveyed to him by Pujya Suhrad Swamiji on 24th January 2016. These gave a further boost to his intrinsic motivation:

- ★ ચિંતા કર્યા વગર મંડી પડે
- ★ કોઈ પણ જાત ના વિચાર માં રહ્યા વગર મંડી પડે
- ★ માથે પડી ને ભજન કરે
- ★ અધુંજ સરસ થઈ જશે

He kept these lines in front of him ever since and kept working with immense faith in Swamishree's blessings.



After the CBSE Board exams, most students stayed back at school for a month to prepare for various competitive exams. They were provided a separate air conditioned room to study. Harshbhai, however, placed his bench outside the classroom in the corridor facing a wall. He would sit there for hours at a stretch and would not leave his desk until his planned work was done!

His grit not only inspired other students, but also left the teachers amazed. One gets reminded, again, of what the 22 years old Faraday achieved during his Europe tour of 1813-14 as Sir Humphry Davy's valet. One of the young men they had met in both Paris and Geneva later wrote: "...We admired Davy, we loved Faraday."

And ever vigilant that he is, on his final day of school on 30th April 2016, during his final meeting with the school principal, Vijay Sir, his parting question was: "Sir, I have been in the protective environment of AVM which has helped me stay positive, but I have seen students of my age in society and how easily they are influenced by negativity. How do I ensure that I remain on the path of positivity and progress in life and not deviate from it?"

A yet another AVM *outlier* enters the world!

- PARAMRUT SIR

# 2016 begins with the Master's Touch

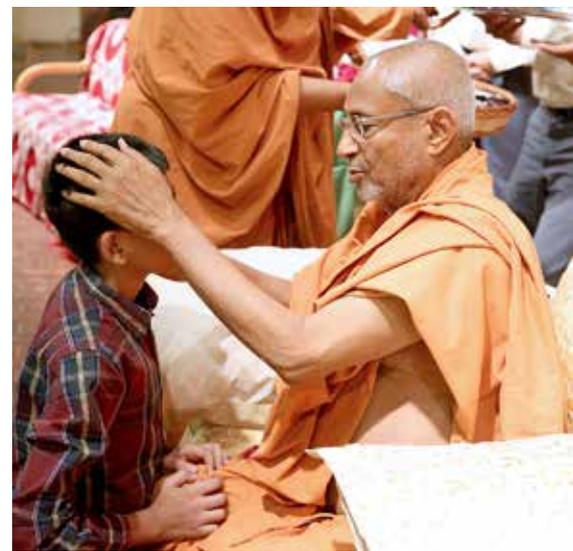
“Happy New Year” metaphorically became a heavenly blessing for entire AVM family as the advent of new year 2016 was marked with arrival of Param Pujya Swamishree at Atmiya Vidya Mandir. Finding it the most fortunate moment, a sabha was held in the prayer hall. Students of class 12th offered their prayers to Swamiji and received blessings for their upcoming board exams.

Showing His deep concern to make AVM students the ideal sons, Swamiji instructed us to remain respectful through our speech and attitude towards mother and father and all family members. Assuring our spiritual growth, Swamiji guided us to be intimate with saints as they make our senses positive and love us unconditionally like a mother. Holding on to His commitment to gift promising individuals to the society, Swamiji advised us to keep high regard for everybody and always strive to be ‘atmiya’ with everybody.

At the end, Swamiji blessed us with His most enlightening sutra *“Jindagi anand mate chhe, marva mate nathi” (life is to live blissfully not to die)*. Then the sabha ended and our illuminated hearts promised to follow Swamiji’s injunctions without fail.

Thus, having been bestowed with Swamiji’s darshan and blessings, our new year has become truly “Happy” - Graced with more than a reviving dawn, brighter than a sunshine and more revitalizing than a tranquil twilight.





# Guruhari Swamishree and Youths

“યુવકો મારું સર્વસ્વ છે.” પરમ પૂજ્ય સ્વામીજીના આ જીવન સૂત્રને સાકાર કરવાના અથાગ પ્રયત્નમાં આત્મીય વિદ્યા મંદિરના નિર્માણનો પણ સમાવેશ થાય છે. આ શાળાનું સર્જન ભૂલકાંઓને તન, મન, ધન અને આત્માથી સુખી કરી, સંસ્કારી અને ધ્યેયલક્ષી યુવાનોની ભેટ પરિવાર, સમાજ અને રાષ્ટ્રને અર્પણ કરવાના હેતુથી જ કર્યું છે.

આ વાતને સમર્થન આપતો એક સંવાદ હું સ્વામીજીનો અને સ્વામીજી મારા... સત્યમ હાઉસના સૌ ભૂલકાંઓએ અને શિક્ષકગણે ભેગા મળી જીવંત સ્વરૂપ આપ્યું હતું. આ સંવાદ આત્મીય વિદ્યા મંદિરમાં જ અભ્યાસ કરી ચૂકેલ ભૂલકું આત્મીયભાઈ કાલાવડીયાનો હતો. જેમાં સ્વામીશ્રીએ આત્મીયભાઈને નિઃસ્વાર્થ પ્રેમ, હૂંફ અને આશીર્વાદ આપી ધ્યેયલક્ષી બનાવ્યા. જ્યારે આ તરફ આત્મીયભાઈએ પણ સ્વામીશ્રીની દરેક આજ્ઞામાં વિશ્વાસ રાખી, ભજનનું બળ લઈ મહેનત કરીને પોતાના જીવનમાં સફળતાના શિખરો સર કર્યા.





# Logical Intelligence Competition

An inter house Logical Intelligence Competition was organized at AVM in the month of December. All the students of grades I to X representing Satyam, Shivam, Sundaram and Suhradam houses participated in the competition. Different mathematical activities were designed to help students discover their latent interest in the subject. The main focus was to make the children stronger in Logical/Mathematical intelligence which helps them to be good at reasoning and problem solving. The students participated with full zeal and exhibited a lot of enthusiasm for solving puzzles, brain teasers, recognizing patterns, solving analytical and logical reasoning quizzes.

The winners of the event were as follows:

First: Satyam House: 79.30%

Second: Shivam House: 70.67%



# Visual Intelligence Competition

*“The true sign of intelligence is not knowledge but imagination”.*      *Albert Einstein*

**V**isual-Spatial Intelligence is one out of eight Multiple Intelligences. It exhibits the ability to imagine the things in the surroundings through subjective perceptions. This intelligence not only adds to the learning ability of a child but also helps to sharpen their life skills. Imparting the insight, Atmiya Vidya Mandir conducted Visual and Spatial competition on 24th October 2015. The competition was held grade-wise and house-wise in different corners of the school. There were theme based group activities like; Clay Modelling, Puzzle Solving, Padharo Mare Desh, World Trip, Interior Designing and Treasure Hunt. Subsequently, the competition ended with great satisfaction and joy.



# Interpersonal Intelligence Competition

Collaborative efforts give a different dimension to any set task and collaboration rightly finds its place in the all-important set of 21st century skills. In order to provide more opportunities to the students to practise and develop that, an Interpersonal Intelligence Competition was held in November 2015 for grades 1 to 10.

Such activities were chosen which made it indispensable for the participants to interact and work as a team. The event left the students with new lessons learnt for life, while also having some fun!



# Music Intelligence Competition

**અ**ભીય વિદ્યામંદિર માં સંગીતના માધ્યમથી ભુલકાંઓ દ્વારા બાળગીતો, અલગ અલગ વાદની જુગલબંદી, તથા જુદા જુદા રાગમાં પ્રાર્થનાગાન ની પ્રસ્તુતિ બોવા મળી હતી. આ પ્રસ્તુતિ માં સ્વરબદ્ધ, તાલબદ્ધ, આકારબદ્ધ, લય તથા લયકારી સ્વરૂપ, શ્રુતિ સ્વરૂપ, ઉપજ સ્વરૂપ, આવી અનેક હૃદયને સ્પર્શે તેવી પ્રસ્તુતિ બોવા મળી હતી. આ પ્રસ્તુતી કરી વાતાવરણ ને સંગીતમય કર્યું હતું તથા ભુલકાં માં રહેલી આંતરિકશક્તિ દરેક ગુરુજનોને મહેસુસ કરવા મળી હતી. તેમના સુંદર ગાયન વાદન દ્વારા હૃદયને ડોલાવી સંગીતનું સ્વરૂપ એટલે કે ગાયન વાદન અને નૃત્ય, આ ત્રણેય કળાઓ નો સમનવય બોવા મળ્યો હતો.



# Kinaesthetic Intelligence Competition

**B**ody and Kinaesthetic Intelligence એટલે મગજ અને શરીરની ક્રિયાનું સક્રિય તાદાત્મ્ય. જે બાળકો પોતાના શરીરનો ઉપયોગ કરી મુશ્કેલીઓનો હલ મેળવી શકતા હોય કે નવસર્જન કરવાની શક્તિ ધરાવતા હોય તેવા બાળકોને Kinaesthetic learners કહેવાય છે. આ પ્રકારની બુદ્ધિ ક્ષમતા ધરાવતા બાળકો ઘણી બધી પ્રવૃત્તિઓમાં કુશળ હોય છે.

‘ક્રિયા દ્વારા શિક્ષણ’ વાતને સમર્થન આપતી Body and Kinaesthetic Intelligence ની હરીફાઈ આત્મીય વિદ્યા મંદિરના ભૂલકાંઓ વચ્ચે તારીખ ૧૯ ડિસેમ્બર ૨૦૧૫ના રોજ યોજવામાં આવી હતી. જેમાં ધોરણ ૧ થી ૩ના ભૂલકાંઓને Balloon Activity ની રમત, ધોરણ ૪ થી ૬ના ભૂલકાંઓને Work together and win the Race નામની અનોખી રમત, ધોરણ ૭ અને ૮ના ભૂલકાંઓને Dartsની રમત તથા ધોરણ ૯ અને ૧૦ના ભૂલકાંઓને ગિલ્ફીદંડાની ટ્રેડિશનલ રમત રમાડવામાં આવી હતી. જેમાં દરેક સ્પર્ધક તથા દર્શક ભૂલકાંઓએ અનેરો અને સહિયારો આનંદ લીધો હતો.



# Inter House Debate Competition

**A** VM Debating Club has been honing students' language skills for more than four years now. This year, nine 'Instructional Modules' were delivered through various presentations and activities to guide and equip the new debaters from grade VI. Ten 'Practice Debates' were conducted throughout the year for the teams of grades 7 & 8 and 9 & 10. Semi-final rounds of the Inter House Debate Competition were held in December.

The Grand Finale was organized in January 2016. Debaters from all the houses participated wholeheartedly and gave their best. Finally, the trophy of the 'Best Debating House of the Year' was lifted by Shivam House.



# Saransh

## House Closing Ceremony 2015-16

Saransh marked the end of another mesmerizing year. It highlighted the work and achievements of the entire student, teacher and staff community at AVM. This event was graced by the divine presence of saints. The function started with the marching off ceremony. After that a musical treat was presented by the team of students aptly guided by the music teachers. The award ceremony commenced with the 'Artist at Heart' awards followed by the 'Best Creative Assembly' award which was won by Suhradam House. The 'Best Sports House of the Year' trophy was lifted by the Sundaram House team.

Finally the champions of the year were announced and the Shivam House team came on the stage to lift the coveted 'Best House of the Year' trophy. Every time the presenters announced the name of the winners, the entire prayer hall resonated with the words '*We are One*'.





# Udaan 2016

On the 24th of April 2016, when the world was celebrating the birthday of master blaster Sachin Tendulkar, students of AVM gave their seniors an amazing farewell. The function was planned around the theme of Mt. Everest, with a trekking trail on the floor. The theme signified the values that one will need to conquer life's challenges. The three hour blockbuster consisted of skit, song, dance and glimpses, followed by the inspiring speeches of Vijay Sir and Pujya Fuvaji. During the farewell, the graduating students were given memorable gifts. Their juniors had set up a small exhibition consisting of tents which depicted a base camp. In the tents, symbolic trekking gears with their values were depicted. Portraits of the outgoing students adorned the walls of these tents highlighting their unique qualities. The program ended with students taking pictures with their beloved friends, family, teachers and staff. At last, the day ended with a delicious dinner & memories for life.

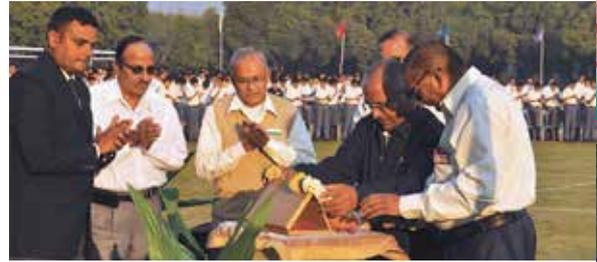
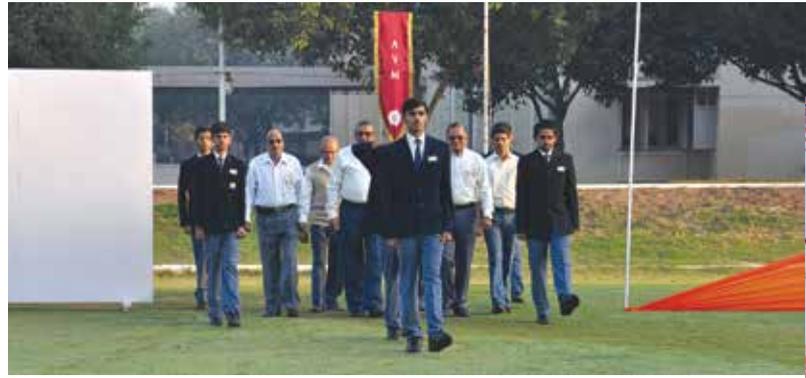


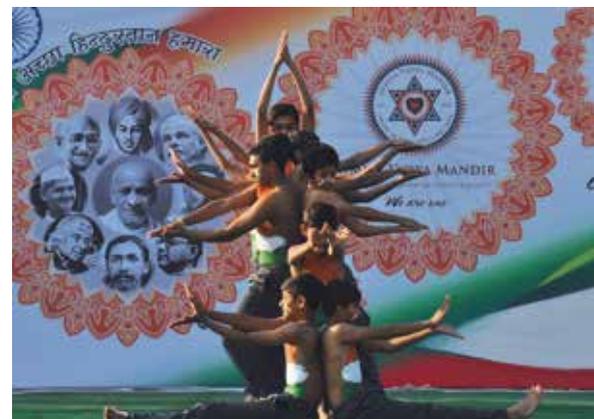


# Republic Day

*“Value and respect for the nation are the root of Nationalism”*

**A**tmiya Vidya Mandir celebrated the 67th Republic Day with great fervour. The session commenced with the welcoming of the distinguished guests and unfurling of the national flag. The school choir group saluted the flag with patriotic songs. With the unfurling of the flag students started the ceremonial march past. Events like pom-pom drill by the young hearts of primary section, formation of pyramid with a professional aptitude by the secondary school students, dance number by our young dancers were appreciated by all. The school also awarded the winners of the athletic meet for their excellent performance in the track and field games. The day concluded with national anthem and distribution of sweets.





# A fun filled trip to Kankaria & Mehsana Water Park

The word 'tour' that too along with friends, brings not only happiness but also lots of excitement. Students of Std 1-4 went on a tour to Kankariya and Mehsana. On 4th October, we reached Kankariya zoo and the kids enjoyed seeing their favourite animals. In the afternoon, they enjoyed the toy train ride in the soothing cold air from the lake. After visiting the children's museum and planetarium we reached Shanku's Water Park in Mehsana. The children enjoyed swimming in the pool as soon as they checked-in at the resort. Next day, the students enjoyed their day beating the heat in the water park. During evening time, the students relaxed with a sumptuous dinner and danced their hearts out on the beats of Garba. Next morning, the return journey began making it a memorable and a delightful trip.

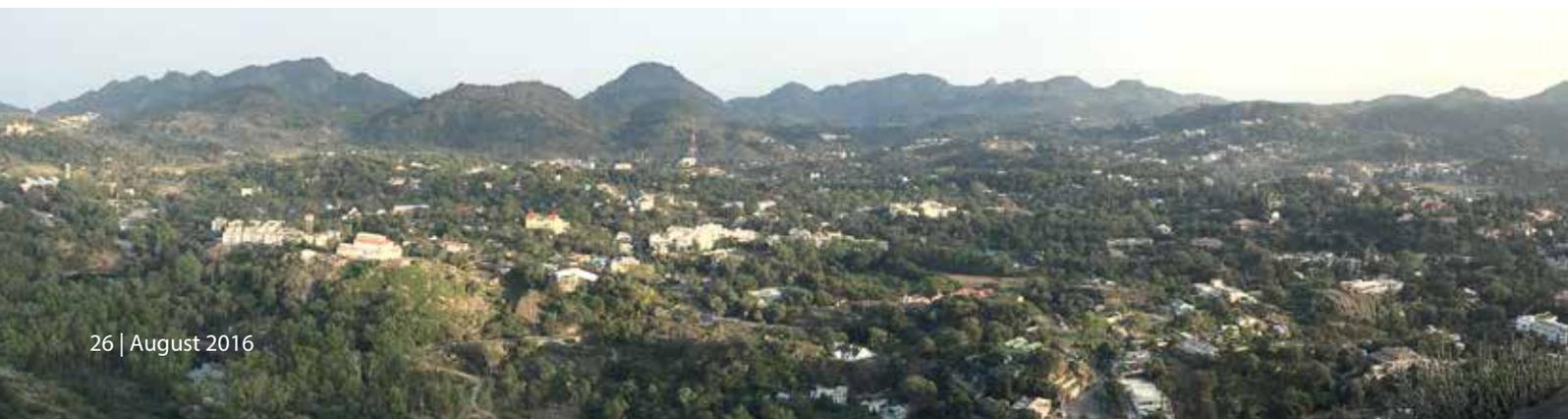




# Mount Abu

## An Unforgettable Journey

The hectic and monotonous days of routine exams for standard 5 and 6 gave way to a trip to Mt. Abu. The whole journey from school to 'Hilltone'- the destination hotel at Abu with a short break at Unjha thrilled everyone. The three days long trip included adventure activities, an adventurous night trek, rock climbing and rock rappelling, a visit to Guru Shikhar (the highest peak of the Aravalli Range), Nakki Lake and Brahma Kumaris Peace Park. These trips provide refreshment along with hands on knowledge and encourage students to continue the journey of education with renewed enthusiasm.





# Mewar

## A Land of Legends

A three day tour to Mewar, for grades 7 & 8, began on 12th October 2015. In Udaipur, the students stayed at Bhairav Garh Palace which provided them with five star hospitality. On the first day, students went for sightseeing starting from the City Palace through Local Market and ended at the City Lake for a boat ride. The next day, students trekked through the seven fortified gateways to reach the acme of Kumbhalgarh fort. Children enjoyed traditional Rajasthani cuisine during this trip. The staff and students also danced out of their breaths to the sounds of Garba in the evenings. Overall it was a refreshing trip for the students.





# Jaisalmer-Jodhpur

## A rejuvenating trip

Joy reverberated through the hearts of all the 9th & 10th graders on the evening of 9th Oct, 2015. It was the time for them to depart for the much awaited tour to Jaisalmer and Jodhpur after the hectic month of September. The first day was spent in Jaisalmer, in the desert-setting where we enjoyed camel-rides.

Later, we witnessed an extraordinary Rajasthani folk dance performance. We also visited the Jaisalmer fort and the War Memorial exhibition the next day. Then, we went off to Jodhpur, where we lodged at the luxurious Marugarh resort. On the last day, we visited the famous Mehrangarh fort and the magnificent Umaid Bhawan Palace. Thus, the tour ended with memories that each one of us would cherish forever.





# Diffuse Thinking Trip To Deltin

An amazing trip to Daman was organised by our school for class 11 and 12 for enjoying and relaxing. The residence for students at Daman was Hotel Deltin for 2 days. The hotel provided great amenities with great options for fun like swimming pool, chess, badminton, table tennis, snooker and many more. The food served was lavish and our overall stay was very comfortable. Students also visited “RAMOJI” food factory to get insight into the manufacturing process in a food factory. This trip provided us with good relaxation and a fresh mind to get back to our studies.





# Nature Walk - An Exciting Experience

**N**ature is everything which surrounds us. We see and enjoy it every moment. We observe natural changes in it, hear it and feel it everywhere.

We, the students of Std. 1 to 4 went for a nature walk with teachers and didis in the village (Bhart-hana) in the first week of January. It was an exciting experience for us. We saw a temple in the village, a sugarcane farm, water tank, an owl's nest, fields, water pumps, a kitchen garden, cow shed, mango farm, buffaloes and many more things. While walking, we revised and learnt new examples of different types of plants like herbs, shrubs, trees, climbers, and creepers.

We also learnt that nature is a most precious and valuable gift given by God to us to enjoy but not to harm.



# Visit to Science Centre & Sewage Plant

Grade 7 students had an insightful learning experience beyond the boundaries of classroom by visiting a sewage treatment plant in Surat. Through this visit, seeds of awareness about cleanliness were planted in their minds. They also understood the side effects and the problems raised due to disposal of unsorted garbage.

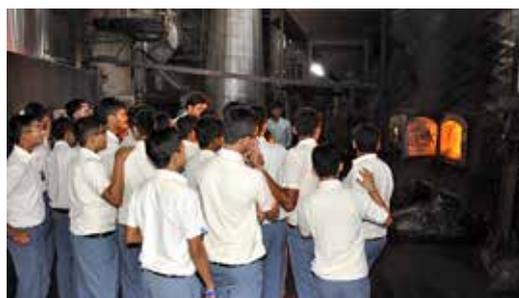
Next, the students headed to explore the Science Centre in Surat. They were amazed at the different scientific demonstrations installed over there. Planetarium was the next enticing stop for them. It was a great learning experience for everyone and the visit triggered many more curious questions in their minds.



# Industrial Visit to Paper, Textile & Sugar Factories

To facilitate learning beyond the classrooms for the students of Std. 8th and 10th, a field trip was arranged for them on 20th February 2016. It started with a visit to Asia's largest sugar factory, the 'Bardoli Sugar Factory' (Shree Khedut Sahakari Khand Udhog Mandli Ltd.) followed by a visit to the 'Sardar Vallabhbhai Patel National Memorial Museum, Bardoli'.

After lunch, we went to 'Dhanurdhar Processors Pvt Ltd., Bardoli', a dyeing factory. We also visited 'Shree Bhavani Textile, Bardoli', a weaving factory. In the end, we also visited 'Tulsi Paper Mill Pvt. Ltd., Bardoli'. At the end of the day, students were treated with an aromatic and wholesome dinner at a famous local restaurant.



# AVM Alumnus Speaks

## In Retrospect - Giving up the good for the best

I do not meditate. However, I am one of those few people who had to try it. After all, I am in a law school. There are so many things happening around us, we law students have to try something, to keep us sane. I tried it with all the rituals – a yoga mat, some incense sticks and the soothing music. But my mind kept wandering no matter what. But the whole exercise wasn't futile. I ended up finding a different form of meditation, people generally call it – Retrospection. So it became a routine, every alternate day I would sit at my desk and close my eyes and retrospect my decisions. I learnt a lot about myself.

The exercise helps me with amazing constructive criticism. In all my retrospection I have always found better alternatives for my decisions, other than just one decision. My decision to come to Jindal Global Law School, my decision to leave Surat, to leave my cosy home where my Mom and Dad always showered me with all their love and affection. To leave the safety net and go to a University where I will be all on my own.

The decision wasn't easy. There was a lengthy process behind it. Obviously, it was going to take some really good rationale to convince my parents to let me leave Surat which included a full campus tour in the June heat. With my Board results, it would have been easy to get admission in any college in Surat. I could have studied here in my comfort zone, where my parents would have always looked over me. I would never have to worry about my laundry or good food or managing my finances.

But here is what I would have missed out– I would have missed having the best faculty in the country teach me subjects I had no idea about. I would have missed attending numerous conferences organised with international institutions. I would have missed the regular public lectures that are held every week by ambassadors from foreign countries on my campus. I would have missed the huge network of Supreme Court and High Court judges and lawyers that I had a chance to interact and work with. I would have missed having a spectrum of electives

from Religion Studies, Understanding the conflict between Iraq and Syria to Harry Potter and the Power of Imagination.

I could go on about other facilities that an international institute like my University provides but you can read all about it on the website. Most of all I would have missed the amazing experience that my college is. I get to interact with other students from all the states of the country and many different nations. I have to push myself every day to stay ahead in my academics. I get to work on ground level social service projects that make a real impact in people's life. Every single day is challenging and truly intellectually fulfilling.

Today when any parent or child consults me for further studies. I always advise them to go to the best university and not get bogged down by the discomfort of leaving their homes. Otherwise, somewhere when they find time for Retrospection they might end up in regret.

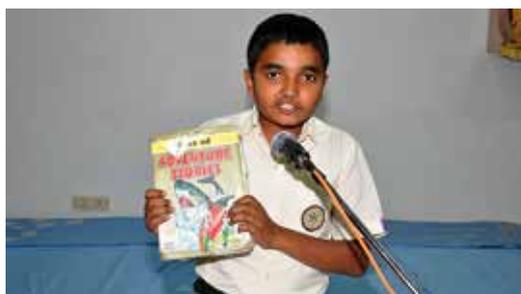
**-Shubham Patel** (3rd year law student)



**Short Bio:** Shubham Patel is an alumnus of Atmiya Vidya Mandir, he passed the 12th Commerce exam with 95.6 % in May 2014. He was also the topper of the school and earned a Merit Certificate from CBSE for his outstanding performance in the board exams. He scored 92.47 percentile in the LSAT exam in June the same year and joined B.B.A.LLB course (5 Years Integrated Program) at the prestigious Jindal Global Law School. He also receives an yearly scholarship of ₹1,50,000 from his college.

# Let's Taste the Book

Like wonderful smells wafting from a kitchen, book reviews lure readers to want to taste the book themselves. Reading is a hopeful journey to the unknown land either real or unreal, where a reader meets many characters and adds them in his circle of influence. Reading is a silent dialogue between the reader and the characters. Reader visualises them through the eyes of an author. At times he identifies himself with them, and learns life lessons from them. Reading is a quest to know what the book is about at its heart. On one hand, reading is an amicable argument with the author where the reader expresses his disagreement. On the other, reading is an appreciation of the endeavour and ideas of an individual who puts life into pages. With a view to give this different perspective of reading, an activity 'Have a book party' was conducted for young readers of class VI. They were asked to read a book of their choice, introduce the author, be familiar with new words & characters, give a thought to the story and present the summary in their own words. Their zealous participation and prevailing presentation added aroma to the book party. They had a real taste of reading. Book Party culminated in the joy of independent reading and quest of reading more.



# AVM partners with NSE

**F**inancial Management is an indispensable life skill in today's world. It is very important for children to learn the nuances of the financial market and to learn to manage their financial responsibilities as well. They need to know how to make a budget for their family and make wise financial choices for everyday living.

Atmiya Vidya Mandir has joined hands with the National Stock Exchange of India Ltd. (NSE) to impart financial literacy early on to our students. As a part of this hands-on educational initiative, the students of class 11th & 12th will learn to become financially responsible citizens to have a secure financial future. One of the crucial challenges faced by the finance industry is the acute shortage of skilled citizens having sound financial knowledge. NSE's Financial Market Management (FMM) course offers an early opportunity to train for an exciting career. The skills gained are indispensable for self-employment as well as huge employment opportunities in financial sector including Brokerages, Insurance companies and Mutual Funds. Implementation of this Financial Market Management course will empower and prepare our children with the knowledge, skills and confidence to take charge of their lives and help them build a better and secure financial future. The team of experienced Chartered Accountants of Niveshaay ([www.niveshaay.com](http://www.niveshaay.com)) as part of Nivesh Shiksha, their financial literacy endeavour, conducts the FMM course at AVM using their unique hands-on approach, founded on their vast practical experience in the field of Finance.



# Book Reviews

In the current day and age, when the youngsters are addicted to cell phones, video games and television, it is very difficult for a school to inculcate the habit of reading in children. However, students of AVM are blessed with teachers who are readers themselves and who motivate others to read a lot of books. This year, the students of class 11th Commerce read and presented four best selling books: *Elon Musk* - by Ashlee Vance, *The Magic of Thinking Big* - by Dr. David Schwartz, *Great by Choice* - by Jim Collins and *Centrestage* - by Uday Mahurkar.

They read these books in groups of four and presented the book in front of teachers and students of std 10 to 12. The famous comedian Groucho Marx had once said, "I find television very educating. Every time somebody turns on the set, I go into the other room and read a book". At the end of the book reviews, students of AVM decided to shun the idiot box and become lifelong readers.





# Dashera Celebration

सुरत के शोरगुल से दूर आध्यात्मिक सभर वातावरण से युक्त आत्मीय विद्यामंदिर पाठशाला में दिनांक २२ अक्टूबर २०१५ को शाम ७ बजे हैंडबॉल मैदान पर दशहरा का उत्सव मनाया गया। जिसमें आत्मीय विद्यामंदिर के सभी छात्र, शिक्षक गण एवं आचार्य श्री, प्राचार्य श्री, आनंद के साथ सहभागी बने। उतना ही नहीं, वहीं उसी गाँव, कोलि-भरथाणा के गाँववासी भी उस उत्सव में आए। आत्मीय विद्यामंदिर की परंपरा के अनुसार प्राचार्य श्री, आचार्य श्री, महेन्द्र बापा आदि ने ठाकुरजी अर्थात भगवान एवं गुरु पूजन से कार्यक्रम की शुरुआत की। श्री अर्जुन मामा ने दशहरा क्यों मनाया जाता है इस पर अपनी अभिव्यक्ति देते हुए कहा कि “भारत पर्वों का देश है। आनंद एवं भक्ति प्रधान देश है। पग-पग पर उत्सव मनाना और उत्सवों के मूल में होता है भाईचारा, अपनापन एवं आत्मीयता। इन मूल्यों से भक्ति के साथ जीवनयापन करना। अनेक पर्वों में से एक पर्व दशहरा है। दशहरा हिन्दुओं का प्रमुख त्योहार है। दशहरा को विजयादशमी भी कहा जाता है। रावण पर राम की जय, अर्थात अधर्म पर धर्म की जीत, बुराई पर सच्चाई की जीत।”

पश्चात रावण दहन किया गया। इस अवसर पर कक्षा १ से लेकर १२ तक के सभी छात्रों ने अपनी बुरी आदतें दहन करने का संकल्प लिया। अनेक छात्रों ने ९०% अंक प्राप्त करने का संकल्प लिया। किसी ने कभी झूठ न बोलने का संकल्प लिया तो किसी ने आत्मीयता युक्त व्यवहार करने का संकल्प लिया। ऐसे कई संकल्प लिए गए। अंत में धानी एवं खजूर का प्रसाद ग्रहण कर सभी अपने-अपने संकल्पों को मनोमन दोहराते हुए अपनी छात्रालय की ओर प्रस्थान करने लगे।



# In the Master's cabin

Feelings in the deep...  
As the clouds gave their beep...

As I slid down the window...  
I see a beautiful meadow...

Stretching as far it can...  
Beneath the lovely confused clouds...

Can't resist myself...  
Lovely sounds tempt my sense...

Such a lovely weather...

But I am in the Master's cabin...

Giving us a gentle nudge of how meaningful one life is...  
As it transcends our mind into serenity...

Clouds move apart...  
And now for one moment look on your left...  
You will see beautiful grasslands...  
With some barren lands...  
And factories set between the lovely pieces of this lands...

Oh my God...  
This feeling is so deep...  
Can't resist...

Dropped my face out of the window...  
With my tongue out...  
And feel the pleasure which now is mine...

Oh my God...  
Sun just came out of middle of nowhere...  
And look how it shines in midst of all the vanity...

Now the clouds make way for the King...  
Who fearlessly comes out tearing all the clouds of anything...

All of that...  
Just lived it in one moment...  
And now that I'm back in what is inevitable...  
I look again outside the window and relive the moment...

And you go and live yours...

KEYUR PATEL  
(Class of 2016)

# Holi/Dhuleti

रंगों का त्योहार होली  
रंगों की ना होती जात,  
रंग लाते बस खुशियों की सौगात ।  
हाथ से हाथ मिलाते चलो,  
होली हैं होली रंग लगाते चलो ।

**भा**रत देश त्योहारों का देश है । इस देश में लोग अलग-अलग त्योहार मनाते हैं । होली उन त्योहारों में एक महत्वपूर्ण त्योहार है । होली रंगों का त्योहार है जिसे फागुन के महीने में (मार्च) हिंदू धर्म के लोग बड़ी धूमधाम से मनाते हैं । उत्साह से भरा ये त्योहार हमारे लिए स्नेह और निकटता लाता है । इस त्योहार को हमारे विद्यालय में आत्मीय परिजनों ने बड़े धूम-धाम से मनाया था । होली के दिन विद्यालय के संकुल में रात को होलिका दहन किया गया, इस पर्व में परिवार के सभी लोग वहाँ मौजूद रहे थे । होलिका दहन के दौरान हमें हमारे अंदर की जो आसुरी वृत्ति है उसका दहन हो ऐसा संदेश दिया गया था । होलिका दहन के दूसरे दिन धुलेटी का कार्यक्रम हुआ जिसमें सभी छात्रों ने एक दूसरे पर रंग डालकर त्योहार की बधाई दी । आत्मीय परिवार के सभी सदस्य छात्रों के साथ रंग में रंग चुके थे । सभी का जीवन रंगों की तरह भरा रहे ऐसी एक दूसरे को शुभकामनाएँ दी । छात्रों ने इस त्योहार का अच्छी तरह से आनंद लिया । हर्षोल्लास के साथ होली का त्योहार विद्यालय संकुल में मनाया गया था ।





# CBSE Cluster IX Volleyball Tournament

The CBSE West Zone Cluster IX – Volleyball – 2015 competition was inaugurated with a very unique quote:

*“Be Humble when you win and Gracious when you lose.”*

It was held in Rajkot at Jay International School from 22nd to 24th of October 2015. A total number of 29 school teams from western India participated in this highly competitive tournament. It was a highly anticipated event as we had worked very hard under the guidance of our sports teachers to prepare well, to be able to give our best. With lots of endeavour and determination we managed to win the first three matches against Sanskar Vidyalaya, Shree Satya Sai School and Atomic Energy Central School respectively. With these wins, we entered the semi-finals of this high stakes tournament. We were on a winning streak so far and entered the match with even more focus and confidence. However, we lost the semi-finals with a score of 1-3. The opponent team won three sets by 23-25, 24-25 and 22-25. But this was not the end for us, we won the third place match against Laxmi International School and secured the Bronze Medal in the tournament. We won the medal along with a lot of valuable lessons for life from this tournament which made it even more memorable for us.



# CBSE Cluster IX Basketball Tournament

Participating in CBSE cluster level competition always brings its own excitement and challenges. This year, the AVM basketball team participated in the West Zone Cluster tournament at Vadodara. It was a very unique opportunity for the students to showcase their talent and perform to their potential in an unfamiliar environment against varied opposition teams.

The opening ceremony of the tournament was on the first day. AVM team played two knockout rounds on the second day and with some eye catching individual performances and team coordination, the team won both the matches convincingly. In the pre-quarter final match next day, however, against a very good team from the New Era School, our team bowed out of the competition with a narrow margin. It was still a very stirring experience for many of the students who went out with the school team for the first time.



# Inter House Handball Competition

The inter house handball competition for the year was held during the week of 24th October 2015. Students from all four houses participated enthusiastically and gave their best efforts to win. In this competition, the students fought for every single point for their team and eventually the Satyam and Shivam House teams shared the trophy as they finished on equal points across two categories.



# Inter House Basketball Competition

The inter house basketball competition is one of the most awaited sports competitions of the year at AVM. It was organized in the first week of December 2015. This year, the event was special as the Senior group final was to be played under floodlights for the very first time.

The tournament was played at very high intensity and elevated skill level by four houses across three categories. Bankim Sir, the school basketball coach, along with help of the others sports teachers, made wonderful arrangements so that all the students could enjoy it to the fullest. In a very closely contested tournament, Sundaram House edged Shivam House by two points to win the inter house basketball trophy which was presented by Ishvar Sir.



# Inter House Football Competition

Every year, AVM is swept by football fever for two weeks when the four houses prepare to participate in the annual inter house football competition. Globally, football (or soccer as it is called in the US) has shown that it has the power and reach to unite people from different countries and varied backgrounds. Football or a beautiful game, as it is referred fondly around the world, has its sway over students from various countries like Germany, UK, Australia, USA, Canada and of course from India, at AVM as well. This year was no different as the competition brought excitement, joy, lots of goals, some near misses, the oohs and aahs of the audience and above all the ever present enthusiasm for the game. Students from all houses showed some delightful skills and poise with some remarkable stamina. Finally, it were the boys from Satyam House who won the coveted inter house football trophy.



# Inter House Volleyball Competition

Another very exciting sports competition of the year – the inter house volleyball competition, concluded on 6th February 2016. This year's event was a revelation as all the participants showcased tremendous skills and enthusiasm in abundance. Students from each age group practiced very hard, under the very able guidance of the school coach, Ritesh Sir, to raise their skill levels to their potential and beyond.

Excitement, thrills and true sportsmanship was on display as the competition produced some nail-biting matches and exceptional individual performances. All the houses competed with each other in order to lift the inter house volleyball trophy. But in the end, it was Suhradam House that managed to carve their house name on the trophy.



# Annual Athletic Meet: Preparations

The Atmiya Annual Athletic Meet is undoubtedly the biggest and most exciting event for the students of AVM. Such a grand event, where every single student of the school participates in at least 3 events; requires methodical planning, seamless coordination and exhaustive preparations.

The Kothar building ground, venue for the 12th Atmiya Annual Athletic Meet, was transformed, reminiscent of an olympic arena, by the team of untiring sports teachers and support staff led by Ritesh Sir and Vallabh Mama.



# Annual Athletic Meet: Opening Ceremony

The opening ceremony held on 31st December 2015 was spectacular with many scintillating performances. But the presence of saints such as Pujya Premswaroop Swamiji, Pujya Prabodh Swamiji, Pujya Suhrad Swamiji and Pujya Brahmvihari Swamiji added divinity and made the evening blissful. The ceremony was concluded with students taking the oath to uphold the true meaning of sportsman spirit. The excitement of the students reached its epitome in anticipation as the school principal, respected Vijay Sir declared the 12th Meet 'open'.



# Annual Athletic Meet: And The Sporting Carnival Began....

The stage was set for sports bonanza as more than 40 events across 6 students' categories were to be conducted in three days. Teachers and students were ready to give their all and to bask in the atmosphere of pure joy and togetherness. All the three days were adorned by plenty of energy and spirit. Outstanding performances on the field were boosted by some spirited music and constant encouragement from fellow students and teachers. The sounds of 'on your mark, get set, go' from Ritesh Sir became synonymous to exhilaration and delight throughout the three days. Such conducive environment propelled many students to overcome their fatigue and create new school records in their events. Cutting across the boundaries of houses, the loudest cheers were reserved for such record breakers.





# Annual Athletic Meet: The Closing Ceremony

Hearts throbbed and a sense of anticipation of glory crept in among the students, minutes before the start of the closing ceremony. The occasion was graced by the presence of saints Pujya Prabodh Swamiji and Pujya Brahmvihari Swamiji as well as some guests from Canada, US and Germany. The glorious dance performance was followed by the prize distribution ceremony in which all the students showed great camaraderie by cheering every winner. But there were few athletes who surpassed the rest of the winners by winning multiple medals and thereby securing the very coveted 'Best Athlete Trophy' in their respective age groups.

| Under -8   | Under -10   | Under- 13    | Under- 15   | Under – 17                |
|------------|-------------|--------------|-------------|---------------------------|
| Om Kevadia | Hari Martin | Aarin Bhakta | Param Dubey | Rahul Patel & Nimit Patel |

Pujya Brahmvihari Swamiji addressed the students and explained the importance of persistent efforts and blessings of Guruhari Swamishree. Next, Pujya Prabodh Swamiji helped students realize how fortunate they all are to be able to study at a school where they can get unconditional love and affection from their teachers & mentors and blessings from Param Pujya Swamishree.

The runner-up position was secured by Suhradam House who have been consistently successful for the past few years. But the biggest honour and the trophy of the year went to Shivam House as they secured the Champions Trophy for the first time. Congratulations to all the winners, all the athletes, the teachers and supporting staff who made this enormous event possible.



# Atmiya Box Cricket Tournament

At Atmiya Vidya Mandir we strongly believe in ‘work while you work and play while you play’. So after weeks of hard work and diligent preparations when the exams got over, it was time to have fun. A full day of fun or as we call it ‘Anand Diwas’ was organised for students in April. For the students of class 6, 7 and 8 – a box cricket tournament was organised. The unique feature of this tournament was that every single student had participated. After 60 matches amongst 16 teams, Team Dragon Warriors led by Aryan Bhakta triumphed over team All Stars led by Arpit Patel in a closely contested final. But in the end everyone was a winner as all the boys had fun and a well-deserved break from studies for a couple of days.



# 10th Standard Result (2015-16)

10.0 CGPA



Bhavesh Rajpurohit

10.0 CGPA



Smit Patel

10.0 CGPA



Vinamra Patel

10.0 CGPA



Yathansh Joshi

9.8 CGPA



Dhruv Bhagat

9.6 CGPA



Atmiya Jadwani

9.6 CGPA



Jesal Bandhiya

9.6 CGPA



Madhav Ladha

9.6 CGPA



Nimit Patel

9.6 CGPA



Rahul Patel

9.6 CGPA



Smith Patel

9.4 CGPA



Rutvik Gosai

9.2 CGPA



Dev T Patel

9.2 CGPA



Rudra Patel

9.2 CGPA



Sarvanaman Patel

9.0 CGPA



Deep Sutaria

9.0 CGPA



Keyeursinh Rana

9.0 CGPA



Niramay Joshi

9.0 CGPA



Pranesh Patel

# 12th Standard Result (2015-16)

## RESULTS SUMMARY:

|                                |      |
|--------------------------------|------|
| Total no. of students appeared | 40   |
| Total % of passed students     | 100% |
| Students scoring 90% & above   | 19   |
| Students between 80% to 90%    | 17   |
| Students between 70% to 80%    | 4    |
| Students scoring below 70%     | 0    |

Atmiya Vidya Mandir, together with our proud associates, **Vision IIT & Swastik Education** congratulate all our students and their parents for this outstanding achievement!

**88.2% - Class Average**

**95.4% - Maximum Score**

**70.8% - Minimum Score**

## Commerce Toppers

94.8 %



Manhil Borana

93.2 %



Nishil Butani

93 %



Hrishikesh Jariwala

92.8 %



Samir Patel

92.4 %



Arpit Trapasiya

91.8 %



Dharmit Mistry

91.4 %



Abhi Patel

## Science Toppers

95.4 %



Sumit Choudhary

93.2 %



Shivam Patel

92.6 %



Uttam Italiya

92.4 %



Utkarsh Patel

92.2 %



Divya Patel

92.2 %



Anand Pandya

91.8 %



Harsh Gondaliya

91.8 %



Jay Bariya

91 %



Shaswat Dharaiya

91 %



Niramay Tanna

90.4 %



Paavan Shah

90.2 %



Dhruv Patel

# OUR ALUMNI STUDY AT

Indian Institute of Technology  
(IIT), Jodhpur, India

Indian Institute of Science Education  
& Research (IISER), Pune, India

Gujarat National Law University  
(GNLU), Gandhinagar, India

Indian Institute of Management  
(IIM), Indore, India

Symbiosis International University  
Pune, India

O. P. Jindal Global University  
Sonapat, India

Shiv Nadar University  
Greater Noida, India

University of Washington  
Seattle, USA

Rutgers University, NJ, USA

Nirma University, Ahmedabad, India

SRM University, Chennai, India

Curtin University, Perth, Australia

NMIMS, Mumbai, India

BITS-Pilani, Goa, India



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**ATMIYA VIDYA MANDIR**  
INTERNATIONAL RESIDENTIAL SCHOOL FOR BOYS  
*INSPIRED & BLESSED BY:*  
H.D.H. HARIPRASAD SWAMIJI MAHARAJ

