

From The Co-ordinator's Desk

Dear Students ,

The school has completed First Term Examinations and the Sports Day for the year 2010. I met many parents who asked me if I could take their child under my wings, believe me I was delighted as it meant that I was doing a good job with the students.

In this edition I'd like to share with you a great technique for gaining clarity on what a student wants to achieve in life. The technique is called **'Creating a Window to Your Future'**

The first thing you would need for this exercise is a large old picture frame. You don't need the glass or the backing, just the frame itself. The frame can often be found in second hand shops, or garage sales.

When you find your frame, hang it up on a wall in a prominent position where you will see it everyday.

It should look something like this:



Now, take a chair and sit down in front of your empty frame.

Imagine for a moment that what you are looking at is no longer just a blank picture frame – Instead...it is now a

window to your future. Spend some quiet time thinking about your future as you gaze into the window and ask yourself this question: **"What do I want my life to look like in five years time?"**

If you could do anything, be anything, own anything – what would you see in the window of your future? When you do this exercise, just let yourself go. Forget about all the usual constraints that you place upon yourself and let your imagination run wild. Enjoy the freedom of imagining your perfect future with no restrictions or limitations whatsoever.

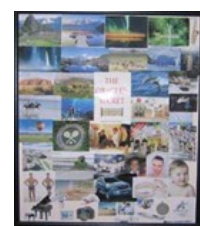
Some of the areas that you may want to consider include:

- The places you want to visit
- The experiences you want to enjoy
- The hobbies you want to pursue
- The things you want to own
- The events you want to attend
- The career you want to establish
- The relationships you want to create
- The contribution you want to make to the world

When the results come back, look for an image that best represents the vision of your dream and download it to your computer.

You can then insert these pictures into a Word document and print them out on your printer. (If you are not sure how to do this, just use pictures taken from magazines and brochures instead) When you have your pictures, simply cut them out and stick them into your future window using double sided tape.

Here is an example of a completed window:



The result will be a collage of inspiring images that represent your ideal future. Not only is this process a lot of fun to do, but your completed window also serves as a great reminder of where you are headed and what you want to achieve in your life.

Action Steps:
Create a window to YOUR future by following the instructions above.

Until next time,
Harpreet Randhawa.

Editorial Board

Vidhi Gandhi
Sherya Patrawala
Simron
Aastha Chhabra
Akash Surti



Unleash The Spirit



Poseidon



Abode - Sea

Colour - Blue

Symbol - Trident, Fish

He is the gigantic God of the Seas, Earthquake and Horses. He is feared by the humans, who have named him as "Earth-Shaker".

Zeus



Abode - Mount Olympus

Colour - Yellow

Symbol - Thunderbolt, Eagle

He is the mighty King of Gods. He is also the God of the Skies and Thunder. He is often known as "The Father of Gods and Men".

The field was a buzz! With expectation and enthusiasm of students when they saw the Olympic badminton player, Ami Ghia escorted along the guest of honors to grace the Annual Sports meet of SVKM International School. 'Every time lets pray to receive blessings from God', the prayer sung by the school choir which was followed by rhythmic yet motivating school anthem. The clan march past being preceded by the dramatic entry of the torch barrier, which descended from height in the flying fox fashion. The torch was lit by the chief guest, Ami Ghia. The sports stars of SVKM International carried the torch round the tracks. Spirit soaring with the green, white, orange and blue balloons which height after the oath was taken by all presence to declare the sports meet open.

The honorable trustee of the SVKM group, Dr. Gandhi commended the parents for their motivating presence and wished everybody good luck. The chief guest also while complimenting the unique presentation of torch stated that sports is a good platform for future. She also stated that a sport is a good career option. The vigorous lazim dance was followed by an excellent Judo demonstration by the students of grade 7th, 8th and 9th. And then, a robust dance by the girls. The theme of the event, "GO GREEN" was very visible in the Shamiyana decoration competition which evoked community spirit and team work. This lent the colorful and festive air to the event. With Christmas round the corner, how Santa couldn't be far behind sure that he grace the event by distributing chocolates.

The banner –UNLEASH THE

SPIRIT with an eagle designed and painted in it was adding strength to the day. Then the football and basketball certificates were distributed. 100 m, 200 m, 400m and the relay races were conducted along the age group lines for all students. We had enthusiastic parents of excited kids who also took part in parent's races. The teaching and the non-teaching staff of school also took part in their races. This was followed by the medals distribution to the winners of the races. Certificates were also given to the winners of table tennis, shot put and discus throw.

After the brains it was time for the brawn to be celebrated through the finals of tug of war. Feet sleeping in the brown mud, students holding on ferociously to the rope and screaming aloud was all shown. The champions of the event were handed over with a huge shield. Only the white balloons were still moving to and fro with the air which states that peace around the world is promised by the citizens of SVKM. The head girl announced the vote of thanks which was followed by the national anthem. It was strongly suspected that the students enthusiastically applauded a declaration the next day being a holiday than other winners. All enjoyed the Sunday with sliding presence of the sun.

-Yogiraj Kachhela
IGCSE –grade 10.

Apollo



Abode - Island of Delos

Colour - Red

Symbol - Raven, Bow & Arrows

Often referred to as the God of light, the Sun, truth, prophecy, archery, medicine, healing, plague, music, poetry and arts.

Demeter



Abode - Earth

Colour - Green

Symbol - Torch, Basket

She is the beautiful Goddess of Vegetation, Fertility, Grain and Harvest. She is called "The bringer of Seasons".

Animal Testing

Animal Testing in the use of non-human animals in experiments. Statistics say that about 50 million to a 100 million animals are used worldwide for product testing. Most animals are euthanized after being used in an experiment.



Why? Is this morally and ethically right? Benefit for us, humans, does not justify the harm to animals.

Just because animals cannot speak for themselves or take any action against the will of humans to protect themselves, that doesn't give us any right to take away their rights. Though they do not have the advantage of speech, they try. They try to express their suffering and pain during the experiments. But we humans conveniently ignore them because obviously we think we're far more superior than any other living creature.

What we don't realize is that we are completely dependant on animals for everything. We cant survive without them. Anyway, the animals that are kept alive after the experiments, have gone through so much pain that in turn have various adverse affects psychologically and possibly, physically which could end up proving to be harmful to us.

Is there any need? Absolutely not.

Animals, which are slaughtered, have been used for other purposes such as the use in garments. I don't think there is any argument when it comes to the need of wearing a fur coat or fur boots or a fur hat. It isn't necessary. Nor is it necessary to have an entire sofa set made of pure leather just so that you can make an impression on others which probably does not last for more than one evening.

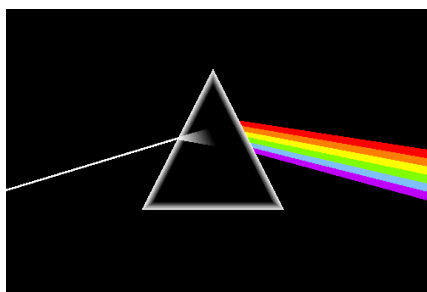
Most of us are against animal testing but yet, consciously or subconsciously, we buy products that have used animals and in turn, promote such products. Animals deserve a life as much as we do. They have certain rights too. And who knows, in the future, to make an extra buck, the rich

might start using financially poorer people to test their products because well, there wont be any suitable animal left to experiment on. We cannot allow that now can we? We don't have to do much to stop this. All we have to do is stop promoting these products. The next time you're buying a cosmetic product, just make sure that no poor animal has died just so that you can look better.

- Rachita Iyer
Grade X

Light

- 2500 years ago Pythagoras suggested that he saw an object because it gave out a stream of particles which travelled to his eyes, like a stream of tiny bullets. The particles were called "corpuscles"
- In 1675, Christian Huggens suggested that light travels as a wave.
- In 1905, Albert Einstein found a good reason to suggest that light travels as bundle of energy called photons, rather like corpuscles.
- Today scientist believe that light can behave as both waves and particles



- 2200 years later, in 1666, Isaac Newton investigated white light passing through a prism. He showed that white light is made up of 7 different colours.

- Malav Dave
Grade VI

ABC - Its easy as 123

The new generation, the new world's face, all of us are running a rugged race. But in these days out ABC is even cooler-



- A - Apple
- B - Blackberry
- C - Cyber Café
- D - DVD
- E - Email
- F - Facebook
- G - Google

- H - Hi-tech
- I - I-pad
- J - Joystick
- K - Keyboard
- L - Laptop
- M - Mozilla Firefox
- N - Net
- O - Orkut
- P - Picasa
- Q - Qwerty
- R - Radio
- S - Skype
- T - Twitter
- U - Ultra Sonic
- V - Volkswagen
- W - Wi-fi
- X - XEROX
- Y - Youtube
- Z - Zorpia

- Tashi Rastogi
Grade VII

Its Called Hope

When the last tear is spilled
And all the faith is killed
The curse is set upon strong
The belief shattered with lies
A wish of light does arise

A hope for sunshine to break
through the night
Pushing away the darkness and
making everything right
A hope of rainbow to spread out
bright
Felicities in the heart will soon
alight

The head bent low with defeat
Jealousy, pain and vengeance
will meet
The bloodshot eyes search for
comfort
Wanting the wound to no more
hurt
A little spark like fireflies
Will bring along the sunrise

A hope for sunrise to break
through the night
Pushing away the darkness and
making everything right
A hope of rainbow to spread
out bright
Felicity in the heart will soon
enlighten

Illusion of honesty will subside
Dreams once again will ignite
Nocturnal fears will disappear
over sometime
Bringing along a contagious
smile

A hope for sunshine to break
through the night
Pushing away the darkness and
making everything right
A hope for the rainbow to
spread out bright
Felicity in the heart will soon
alight

- Zubin Shah
(Grade VI)

Leh Ladhak Cloud Burst

In Ladakh, burst a cloud
It was thundering big and
loud
People swept and were
hopeless
How could Mother Nature
be so heartless?

It was raining lots of water
to flood
Few people died with a loss
of blood.

Water also flooded a school
And made it look like a
swimming pool.

Children were trapped, wet
and scared
And on the news they
shared
The day they could never
forget.
And one which they will al-
ways regret.

Then came together the
agencies
To get money to clear the de-
bris.

Millions of rupees lost,
It made our eyes pop out with
the cost.

On that day, the gloomy sky
People sitting everywhere,
made as cry.

Many people helped too
And I hope so will you

- Siddharth Bhasin
Grade VII

India Is Great

Roads are not straight
Ditches on the way
Politicians have nothing to say
But still India is great

Crimes everyday,
Bribes everyday,
Things over are never on date,
But still India is great!

Recession and corruption
everywhere
Spitting is allowed anywhere
Pakistan is not our mate
But still India is great

Vehicles carrying heavy loaf
And people also walk on the
road
Supermarkets increasing their
rates
But India is still Great

But this not all we want to say
People over there are always
gay
Rajnikant is our hero and
We think Tom Cruise is zero

We have "The Master Blaster"
in our cricket team
Scoring runs like a flowing
stream
We also have C.V.Raman in
store
And younger scientist galore

Anita Desai won the book prize
And Chetan Bhagat on the rise
Gandhi is the father of the
nation
The city of Mumbai had more
than 30 railway station

Holi, Diwali and
Makarsankranti are
Festivals we celebrate
That is why we say
India is really grea!

- Chaitanya, Darsh,
Dharmaj, Kunal,
Hriday and Sagar
(Grade VII)

- India never invaded any country in her last 100000 years of history.
- When many cultures were only nomadic forest dwellers over 5000 years ago, Indians established Harappan culture in Sindhu Valley (Indus Valley Civilization)
- Chess was invented in India.
- Algebra, Trigonometry and Calculus are studies, which originated in India.
- The 'Place Value System' and the 'Decimal System' were developed in India in 100 B.C.