



# City International School

Oshiwara, Andheri (W), Mumbai - 400 102.



## **SPECTRUM.. BE THE CHANGE VOLUME 1 JUNE-SEPTEMBER 2016-17**

### **WILL IT BE EASY ? NOPE WORTH IT ? ABSOLUTELY !**

In life we come across many instances which make us wonder if taking such a step is easy and at the end worth all the trouble we take. Well if it's good for us shouldn't we be telling ourselves, Why not?

All that's served on a platter may not be digestible until we bite each morsel into pieces and then swallow for the stomach to do the rest. Same is with every challenge in life, Why do we not take every small step needed to be comfortable during exams.

I know it's easier said than done but even the word "**IMPOSSIBLE**" can be changed to **I'M POSSIBLE** . So all I need to do is to accept responsibility for my actions. In life all are struggles teach us lifelong experiences which can be a result of our hard-work and determination. Exams are not judgements made by an organisation on students, it's an evaluation which a child needs to take for him/herself to analyze whether he / she needs to work harder or continue with the effort made which will definitely give better grades in the future .

### **"If you focus on results, you will never change If you focus on change, you will get results"**

This is where I as a parent need to understand are we giving our kids the support in terms of mentally and physically being there for them to excel, if their performance has had a down side are we encouraging them to do better with a little perseverance!

Every child has in him or her the ability to excel, we need to unveil that hidden capability by providing the platform, School gives them opportunities by having various competitions, some come out of their shell and some outshine later in life performing on stage when they become comfortable .

**"It's not sacrifice if you love what you're doing"**. Each one of us take our own time but, at the end of that time we should love what we do, cause it's the love which makes our determination and hard-work worth the wait. Preparation in life makes us achieve our aim with purpose. And when the chance comes our way, that's where my preparation comes handy, cause an unprepared mind will look for words, to fill up gaps which may not make sense. Having meaningful conversations, that end up in positive impact will have better outcomes.

**"The achievements of an organization are the results of the combined effort of each individual"** .Our this year's results at the I.C.S.E are true to the above words, the hard-work and perseverance has given us immense satisfaction as an organization and to each and every individual who has been a part of C.I.S to make our dream a reality which I'm sure the coming batches will have as a benchmark and do even better in the coming years. It's not easy, definitely not unachievable but the results are worth the wait. **"Only new actions will bring different results !"**

*-Ms. Prachi Kirpalani  
HOD - Physics*



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ICSE March 2016 Examination Result



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Ekadashi



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Festive Assembly



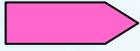
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Patriotic song competition and HMUN



Elocution and Declamation competition



Dengue awareness and Heritage



Editorial Note

together everyone  
**TEAM**  
achieves more

**CHIEF EDITOR : MS. MAHARUKH KADODWALLA**

**CO-EDITOR : MS. PRACHI KIRPALANI**

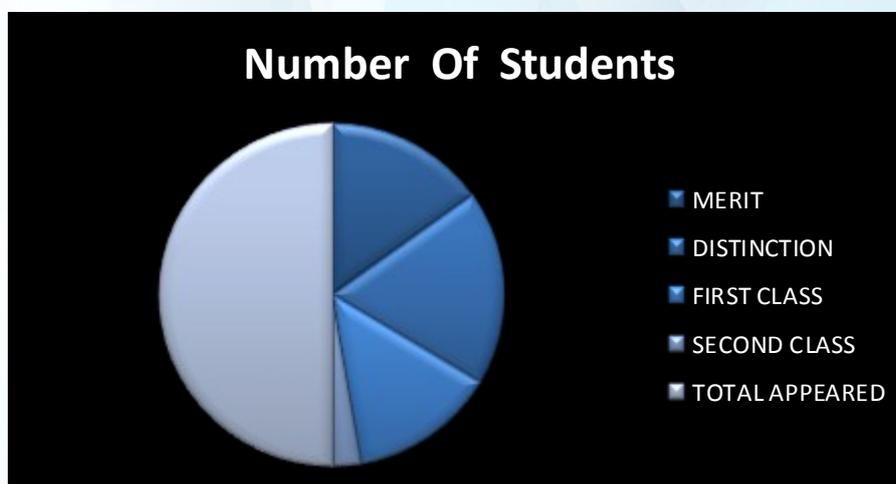
**DESIGNED BY : MS. GARIMA GOSAIN**

**BBC TEACHERS: MS. NISHRIN DHOON  
MS. ALPA BHANDARI  
MS. SUVARNA KAUR  
MS. MANJU SHARMA  
MS. ANUJA JAIN  
MS. PRATIMA SHARMA**

# ICSE MARCH 2016 EXAMINATION RESULT



<b>CLASS</b>	<b>Number Of Students</b>
<b>MERIT</b>	<b>23</b>
<b>DISTINCTION</b>	<b>28</b>
<b>FIRST CLASS</b>	<b>21</b>
<b>SECOND CLASS</b>	<b>4</b>
<b>TOTAL APPEARED</b>	<b>76</b>







City Prep School opens its arms to the young children on 08 June 2016. Our section is also called “Joy Of Learning “.our competent curriculum and activities are conducive, promote confidence in the children , giving them an opportunity and motivation for self discovery and understanding their strength at an early stage.

Our little angels were given a warm welcome on the first day of school with a STAR BADGE by their teachers. Along with our academics and curriculum, we have YOGA sessions in classrooms ,a LIBRARY CORNER where a story is narrated to the children everyday . A huge child friendly PLAY CLUSTERS is mounted for our young athletes’.



We in India bond culturally and traditionally with each other. To inculcate and respect the love for our country and for each other, we celebrate the festivals together.

The children came colourfully dressed showcasing Raksha Bandhan, where children tied Rakhi to each other with a promise to protect and care for each other. The PARSII New Year where they embraced all their peers wishing “SAAL MUBARAK”, and took cards as take away.



I am proud to be an Indian .....  
Our little students took this pledge on 15 August , dressed in tricolour outfits and saluted our National Flag.





Wednesday 24 August 2016 was once again a traditional celebration of birth of Lord Krishna. The children on the school ground broke the Dahi Handi full of goodies and sweets.



Since our curriculum is value based and is working towards being good and helpful citizens, we have a “JOY OF GIVING” project ,where we collect old toys and newspapers and the proceeds of these go to our underprivileged young friends.





Its raining ,its pouring, the blue drops are falling.....

The children came dressed in blue outfits on Thursday 30 June 2016, they were explained the importance of rain, Water conservation, Water cycle and Uses of Water.



# newspaper Charity Drive





### FOOTBALL INTER-SCHOOL

Inter School MERAKI-1 Football Tournament was held on **20 August 2016** at **Jankidevi public school**. Competition was held for boys U/ 14 &U/16 .

### FINAL RESULTS

**U/14 BOYS**

**2<sup>st</sup> Place**

**U/16 BOYS**

**3<sup>rd</sup> Place**



Sr. No	Name of the players	Class
1	Ayan Alam	X
2	Kartik Shankar	IX
3	Amaan Naidu	IX
4	Amaan Ansari	IX
5	Kunal Thakur	X
6	Hritik Chainani	X
7	Parthav Shah	IX



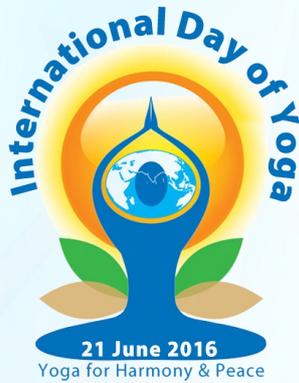


The U-14 Girl's team of our school participated in the DSO – District Sports Organisation Basketball competition on 18th August 2016 at Hansraj school Andheri west



### Competition Record of First Term April to September 2016-17 Secondary Section

N o.	Competition	Venue and Date	Age Group	Result
1.	DSO Basketball	Hansraj Morarji School Andheri Dated on 18 August 2016	U/14, 16 Boys Girls	U-14 Girls Pre-Quarter final U-16 Boys Quarter final
2.	MIRAKI Sports Festival- Football & Table Tennis	Jankidevi Public School, Andheri Dated on 20 August 2016	U/12, 14 Boys	U-14 Boys Second Place U-16 Boys Third Place
3.	MEGA WAVES Sports	MVM School, Andheri Dated on 27 August 2016	U/16 Boys	Participation
4.	DSO Chess	Bant's Education, Kurla Dated on 29 August 2016	U/16 Boy	Win and selected for District



***“Yoga is the journey of the self, to the self, through the self.”***

Yoga is the need of the hour and especially for the youth it is a way to balance life smoothly. To celebrate International Yoga Day, a Special Assembly was organized for the students by the children of class II C on 21 June 2016, which emphasised on the benefits of doing yoga.

The students displayed various asanas which encourage them to know the science of yoga deeply. They also showed the benefits of yoga through the help of flash cards, like:-

- Yoga helps to develop the body & mind.
- It gives all round fitness.
- Reduces weight, de stresses the mind.
- Gives inner peace, improves immunity.
- It helps to become stronger emotionally.
- Performing yoga makes us feel fresh & energetic.

***“Yoga teaches us to cure what need not be endured and endure what cannot be cure.”***



### ***AASHA DHI EKADASHI***

Ashadhi Ekadashi is of great importance in Maharashtra.

And to make our students aware about this festival, Special Assembly was conducted on 14 July 2016.



Students performed a skit related to Lord Vitthal and his devotee Pundalika which highlighted the significance of the religious festival. Abhang was also sung by students. Last but not the least the students spoke about the importance of Aashadhi Ekadashi which is a fasting day for devotees.

Through this assembly, students learnt that it is their duty and responsibility to take care of our parents. The students enjoyed this knowledgeable assembly as it was hands on learning!



# Speaking



“Speech is power: speech is to persuade, to convert, to compel”

Ralph Waldo Emerson

Speaking Tree – an elocution competition was held for the students of class I to IV on 21 July, 2016. Education does not only mean academics but competitions are also a part of education, as it encourages the students to go on stage and deliver a speech. It helps in building listening, speaking and communication skills. It also brightens thinking and imagination of a person. Elocution competition not only focussed on diction but also on communication of thought, ideas or feelings with the use of voice modulation.

The theme given was ‘Friends’ / ‘Friendship’. For class I and II, it was a poem to be recited and for class III and IV it was a speech on Friends / Friendship. It was a healthy competition and the students enthusiastically participated in it.

“A speech is poetry; cadence, rhythm, imagery, sweep! A speech reminds us the words, like children have the power to make dance the dulllest beanbag of a heart”.



Healthy  
Living & Wellness



HAPPY  
RAKSHA BANDHAN



### RAKHI MAKING COMPETITION

*“After each competition I want to be able to say: I gave it all I could, I gave it my best”*

Competitions play a role in motivating students to perform and excel and offer a lot more reward than just the prize. Competitions offer a chance for participants to gain experience, showcase skills, analyze and evaluate outcomes and uncover personal aptitude. It also encourages students to adopt innovative techniques and develop their ideas and skills. Keeping this in mind Rakhi Making Competition was held on 11 August 2016 for the Primary students. The students made eco-friendly rakhis. Each rakhi prepared by the student was a treat for the eyes. Motivation enhancing their creative skills and knowledge was a success.



**“We make a living by what we get.....but we make a life by what we give”**

On Monday, 22 August 2016, students of the Charity club visited Samarpan to interact with the underprivileged students, to understand their difficulties and to inculcate the value of joy of giving amongst students. Pulses were donated by the students and they felt that though we can't help everyone, but everyone can help someone!

**“Thousands of candles can be lighted from a single candle. Happiness never decreases by being shared”.**





# Festive Assembly



All national and religious festivals bring the message of love, tolerance and understanding. These festivals are just not meant for celebration and feasting but these festivals also have different kinds of rituals and beliefs which were beautifully depicted through the Primary Festive Assembly, held on 24 August 2016. The students celebrated Independence Day, Raksha –Bandhan, Parsi New Year and Janmashtami. All these festivals were highlighted through skits, dances, songs, speeches and poems. Celebration of different festivals promotes communal harmony and helps in preserving our traditions, culture and heritage.



Thus celebrations in CIS have become an integral part of joyful learning, community building and thought provoking processes where children celebrate each moment with great enthusiasm, fervor and pride.



# Cascade 2016

**Cascade 24** organised by **Jamnabai Narsee Alumni Association** on **6 and 7 August 2016** at **Jamnabai Narsee School, Juhu.**

Our students participated in various events from the Juniors, Middle School and Seniors category. This event gave our students an opportunity to showcase their diverse talents. It was an amazing opportunity for our students to boost their confidence. From 35 schools participating, our students participated in various categories.



Our students won the following events:

1. Juniors : Class II
  - Mubarka Rassiwala (**First prize**)
  - Jannat Bhatia (**First prize**)In 2 states– Fancy Dress competition
2. Literary Arts
  - Hands Up! [Court Room Trial]
    - Ali Mulji - X A (**Third Prize**)
  - Your's Truly [letter]
    - Aashna Modi - IX A (**Third Prize**)
3. Informals
  - Blitz Chess
    - Atharva Tayade (**First prize**)
  - Arm Wrestling
    - Anas Teli (**Second prize**)



Students got a good exposure and gained confidence through these competitions. Overall a very good exposure, experience and a platform for our students, to cherish for

**Punjab:**

*Ae state hai veer jawanon da  
Albelon da mastanon da  
Iss state da yaaro ke kehna  
Ae state hai India da Gehna*

**Sat-Sri-Akal Patshaho.....**

From the Great Punjab, jisda nahi koi jawab

**Maharashtra:**

*Mangal rajya, Pavitra rajya  
Maharashtra Rajya,  
Pranam gyava mazha ha shri Maharashtra Rajya*

### *Namskar Mandali.....*

Greetings from beautiful Maharashtra,  
Jithe rahtat anek dharm ani shastra

M: Let's meet incredible

P: Fabulous

M: wonderful

P: state of Maharashtra

M: and Punjab

P: The famous monument Gate way of India  
beautiful and bright

M: Yes, you are a famous Wagah Border if I am  
right

M: Maha means Great and Rashtra means Nation.

That is Maharashtra is a Great Nation

P: Panj means five and Aab means water.

We are all warriors here, son and daughter.

M: सिंहाच्या जबड्यात घालूनि हाथ मोजितो दात

अशी ही मराठ्याची ज्ञात Chhatrapati Shivaji

Maharaj our great king.

P: Lord of five rivers Sher-E-Punjab is Maharaja Ranjit Singh.

M: Same same but different are we

P: Our natural beauty is there all to see.

M: Sahyadri ranges and winding ghat.

P: Sarson de khet play important green part

M: Maharashtra's lavani is a beautiful dance,

P: Punjab's gidda and Bhangra give cultural glance.

M: Puran-Poli, aamti, aahet ekdum khas

Batata wada , Poha tar ekdum jhakas

P: Makke di roti te sarson da saag

achhe achho de muh vich aa jaye jhaag.

M: Your culture is really colourful.

P: Your historical heritage is very powerful.

M: Although we are from different states

P: I believe we are soul mates

M: In coming together we show progress

P: And working together is success

M: अनेकता में एकता हमारी शान है

P: इसीलिए मेरा भारत महान है



## 'YOURS TRULY (Historic Letter) under Literary Arts, Cascade 24.

### **Letter to Prince William from Lady Diana**

30th August, 1997

Dear William,

*My arrival in London will be delayed because we're halting at Hotel Place Vendôme in Paris. In fact, I'm writing this to you while my jet is still airborne, and intend to deliver it as soon as we touch ground. I know you don't like the fact that I'm still travelling with Dodi's security personnel, but I'll be back in the City soon enough, and maybe then you'll get over your grouchy feelings for me and accompany me for lunch – along with Harry, of course. I certainly did not like the way our last conversation ended, and I hope we can reconcile our differences soon. I did not have a healthy relationship with my mother, so I know the feeling of not being close to one of the most important people in your life. You must be wondering why I'm writing to you suddenly. Last night I had a strange dream that I was the victim of a fatal accident and that we never got over our differences. As unlikely as it sounds, it got me thinking of how unfortunate it would be if something like this happened in reality. I totally understand your yearning for a lifestyle that isn't based on privacy, but son, we do not choose the blood we are born into. Sometimes we have to accept things the way they are. But I know, that whatever happens, happens for a reason, and you may not see it now, but you will soon enough. You should embrace your royal blood and be thankful for all the opportunities you get. Many a people will die to be in your place. It is rightly said that you don't know the worth of something until it's gone. The grass always seems greener on the other side, but in all actuality, its greener where you water it. You don't know about the hardships of the commoners. And, ultimately, it is the work that you do; the people that you influence and the lives that you affect that define you, and not whether you're a prince or a pauper. I being married to a royal family did not deter my belief of helping the underprivileged. I've always believed that no matter whether you're a commoner or royal, deep down, we're all just the same. God gave me an opportunity to have a taste of both the lives and I chose to combine the best of both. I know that you pine for the life of a normal fifteen year old. But every cloud has a silver lining, and your's is that you have all the means required to achieve all your dreams, no matter how big or small. So I would rather you view this from a perspective that will make you cherish your life of privileges, instead of questioning "why me?" So look at it as a sign from god that you, William Arthur Philip Louis, are here on this earth to make a difference in everyone's life.*

*Yours truly,*

*Mummy.*

**-YOSHITA SHARMA**

**X B**



## **'YOURS TRULY (Historic Letter) under Literary Arts, Cascade 24.**

### **A letter from Abraham Lincoln to a grieving mother**

Executive Mansion

Washington DC

12 May, 1865

Dear Madam,

I have come across your file at the department of war and read a statement presented by the

Adjutant General of Massachusetts that your sons have been martyred on the battlefield. We as a nation honour their loss and appreciate your courage as a brave mother and patriot.

This war of America of 1862 has been dreadful and many innocent lives have been sacrificed for their homeland. We as a government sympathize with you personally for all the other martyrs who have sacrificed bravely for no personal gain but for the benefit of the homeland. We do our best to curtail war situations and the loss of innocent lives, but governments and bureaucracy compel us to take this drastic step for the safety and future of our nation.

As the 16th President of the United States of America, I hold myself responsible for the events unfolded during this war of America 1862 and consider it my personal duty to reach out to all those families who have sacrificed in some way for the homeland. It is a definite moment of pride for the nation to have won the war and we now stand as a free nation. It is

my honour to attribute this victory to those who are martyred and to their families. It is a great honour for a soldier at war to sacrifice his life for the nation as that is what he has been trained for but this does not negate the fact that sacrifices have been made by one and

all and losses faced at a personal level by mothers, wives and families are also a great loss to the nation as they are personal loss.

Consider it my honour and pride as your President to share with you my deepest thoughts and emotions at a personal level to understand and appreciate your sacrifice, and give you the courage to move on with life facing your losses but always knowing that your loss is not

in vain. We and our country stretch out a helping hand to all those who have stood by us steadfast through losses and sacrifice and will do our best to provide for all families such as yours all basic necessities of food, clothing, shelter, education and medical assistance, for as long as deemed fit. The country is proud to say that we have the bravest of brave amongst our youth and the most intelligent and strong leaderships that would take our great nation forward.

As your President I want you to feel proud for your sons, who will be honoured posthumously by the nation. I pray the Heavenly God that he may assuage the anguish of your deprivation, and leave you the cherished and pleasant memory of the loved and the lost, and the solemn pride that must be yours to have laid for such a priceless sacrifice up-

on the altar of freedom.

Yours truly,

Abraham Lincoln

President

**-AASHNA HOSHANG MODI**

**IX A**



# Van Mahotsava Day

Environment Revolution  
Begins With

**Greening Motherland**



**“To be without trees would, in the most literal way, to be without our roots”**

-Richard Mabey

Tree Plantation programme was held in the school on Friday, 1 July 2016. The students of Environmental Club of class III actively participated in the programme. Students brought plants or saplings which they planted in the school premises. Van Mahotsav Day marked the beginning of a long-term environmental program, engaging the students in an activity that can reinforce their environmental learning or simply contribute to create beautiful surroundings. Through this the students were sensitised to the significance of plants and how beneficial it is for the environment.

As Special Assembly by class IV A, also depicted the importance and significance of “Van Mahotsav”

**“It’s not yours, not mine, it’s ours. So protect our motherland who nourish you”**



**Plant, Water & Protect Trees**



## VANMAHOTSAV

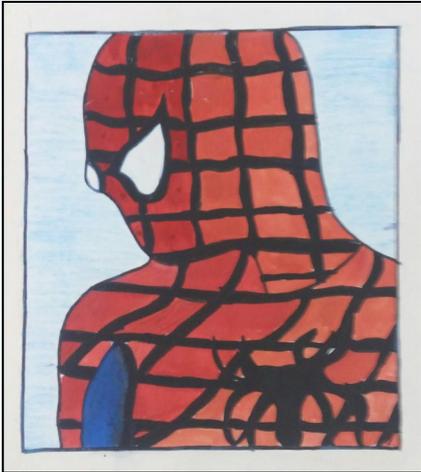


## Save Environment



Conservation of pulses is the International Theme of the year. Handwriting competition held on 10 June 2016, for class II - IX. The three best from each class were selected. Pulses play an important role in our daily lives; pulses give us proteins and keep us healthy. Some of the pulses like wheat, rajma, lentils and bajra form our daily Indian diet. An art competition on Van Mahotasav, 01 July 2016 showed the students creativity and ideas using pulses of different colours.

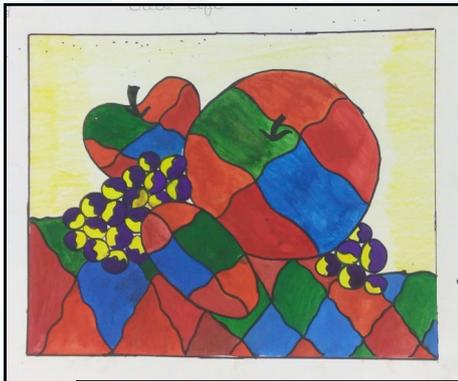
# Student Artwork Gallery



Anusha Nag VI B



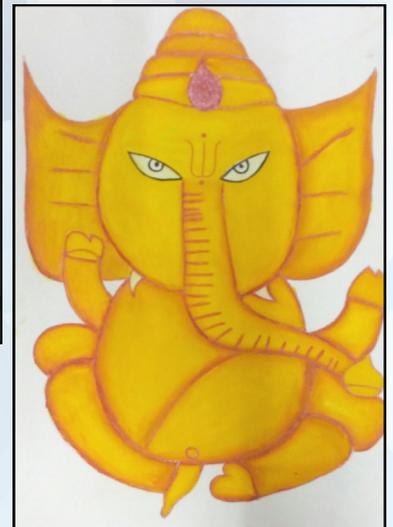
Sara Chipkar V-C



Ibrahim Shirazi v-c



Falak Warsi IV-A



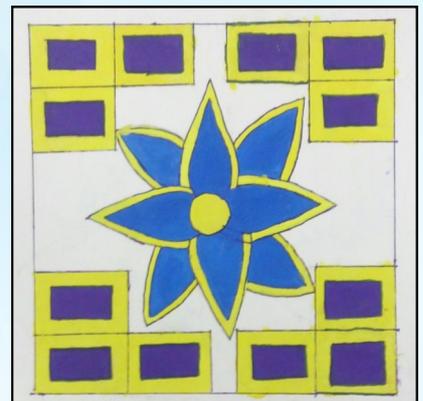
Kiah Patel VI-A



Rashi Kothari V-C



Shrija Jajula V-C



Hanisha Jain V-B



Iman Darbar VI-A



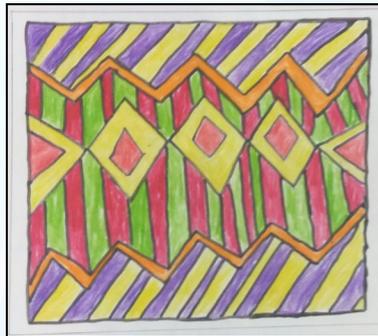
Fizzah Altaf I-B



Neel Jadhav I-B



Rida Parihar V-C



Manav III-A



Arrika Khan VI B



Arfa Lodhi I-B



Tanesh Singh III-C



Prithvi Shah V-B

# ARTICLES



## EXAM FEAR

Exam fear is a very common phenomenon among students, and it has a disastrous effect, no doubt. For a lot of students it is the fear of failure rather than the exam itself which causes all the anxiety. They often fear that they have not covered all their paper. In an exam room you cannot help but sense the stress in the air and the almost deathly quietness in the room.

Our first summative assessment was there on 28 September 2015 and that time I also experienced the same fear. Exam pattern was new for us. First time we were attending the question and answer sheet separately, our seating arrangement also changed. We were seated with grade IV students, all are new faces, for each paper new examiners!

Our teacher noticed the fear on our faces, she told us to relax and do the best you can. Teacher made us feel comfortable, assured us in case of any difficulty she would help and support us. Finally we started writing and realised that it was not hard. We really enjoyed the exam. We had the time limit of two hours for our examination but we finished our paper before that and had time to play games in class. This was fun along with the exams.

We are really thankful to our school and teachers for conducting a Stress Free Exam !

**-Aditi Gajanan Deshmukh  
IV B**



## MY ROLE MODEL

Everybody has a dream of becoming like somebody when they grow up. It could be their parents, sports people, actors, actresses and the list could be endless. I have a dream too. I look up to my mother in many ways. She is my mentor and role model.

I have grown up in the comfort of her arms and her warm love. What strikes me the most is her never ending love for me and my family. She is one person who has witnessed terrible times but she had the courage to become who she is today. At a time when women were not allowed to study, she broke the norm and studied science and went on to do her masters. She has the capability of running the house, managing the family, working in office-all at one go. Though she lived in a male dominated society, she has never hesitated to speak her mind. She is bold yet beautiful at the same time. She has taught me to dream and achieve whatever I want in life. I am what I am today because of her exuberance and continuous guidance.

I know as a fact that if I do wrong she will be there to pick me up and put me on to the correct path. She is my first best friend and confidante. I rely for most of my advice and am sure God couldn't be everywhere so he created mothers!

**-Sharvari Salkar  
VII B**



## WHY DON'T YOU COME EVERYDAY

Oh rain! Why don't you come everyday  
Like the hot shining sun when you are away,  
After you come the trees are happy and so  
are we,  
Oh rain! Why don't you come everyday

After you go, you leave a beauty of water,  
In it we play, stamp and jump for happiness  
Oh rain! Why don't you come everyday

Oh rain! We live in a hot city,  
You challenge the sun and allow us to have  
fun,  
Why don't you become my  
friend?

Oh rain! Why don't you come  
every day.

**Sanjana Thakar - IV A**



## DESH APNAYEN

I am touched by the concept  
My heart was moved to accept  
That I have to do something  
And not let my life be 'worth nothing'.  
As a teacher, I have to teach  
The young and old, I can reach  
My attitude, my being and thought can  
touch

Where I may not be involved to do much!  
A movement from Apathy to Ownership  
Leads me into fellowship.

I need to take the grip  
To extend a hand of friendship  
'DESH APNAYEN'

A noble cause with nothing to lose  
Yet! so much to do! and repose  
Along with Sahayog Foundation  
Let us be a drop in the ocean  
And make our 'DESH' a true nation  
Let us not be like aliens!  
But proud to be INDIANS!

A movement to DESH APNAYEN has be-  
gun  
Your contribution can be a good 'Shagun'  
It takes us all along  
For this is where we belong.

Ms. Effie Mathias



Water water all around,  
Save every drop that can  
be found,  
Never let your taps run,  
Turn them off as you are  
done.



Don't waste your time when you shower,  
Your harvested water should be used on a  
flower,  
Wash your car in the rain,  
So not as much water will go down the drain,  
Put a brick in the toilet before you flush,  
So not as much water will go down the gush.

You must realize that water is  
good.  
So save water as you know we  
should!

**TRISHA PRADEEP BHATIA**  
VI C



## ओलंपिक्स में भारत का प्रदर्शन .....

जीत की खातिर बस जूनून चाहिए  
जिसमे उबाल हो ऐसा खून चाहिए ।  
ये आसमा भी आएगा ज़मी पर  
बस इरादों में जीत की गूंज चाहिए।

साक्षी मलिक ने ५८ किलो भार वर्ग की फ्रीस्टाइल कुश्ती में ब्रॉज मैडल जीतकर इतिहास रच दिया। सिल्वर मैडल जीतनेवाली बैडमिंटन स्टार पी.वी.सिंधु ने भारतीयों के लिए गर्व का क्षण लाया है। यही जीत निश्चित तौर पर लाखों बच्चों को खेलों से जुड़ने के लिए प्रेरित करेगी। पहलवान योगेश्वर दत्त के ओलंपिक से बाहर होने के साथ ही भारत का इस बार का ओलंपिक में सफर महज़ २ मैडल के साथ थम गया ।

बड़े दुःख के साथ कहना पड़ रहा है की यह प्रदर्शन २००८ के बीजिंग और २०१२ के लन्दन में हुए ओलंपिक से भी बुरा रहा है। यह हाल तब है जब की इस बार ओलंपिक जानेवाले खिलाड़ियों की संख्या सबसे ज्यादा थी।

२०१२ में भारत का प्रदर्शन सबसे अच्छा रहा। इसमें भारत ने दो सिल्वर और चार ब्रॉज समेत कुल ६ पदक जीते थे। ऐसे में उम्मीद लगायी जा रही थी की इस बार भारत १० से १२ पदक जीतेगा , लेकिन सवा करोड़ उम्मीदों के विपरीत भारत महज़ दो पदक ही जीत सका।

२०१२ में भारत ५५ वे स्थान पर था परंतु इस बार वही ६७ वे स्थान पर पहुँच गया है।

**क्या है ऐसे प्रदर्शन का कारण?????**

कारण एक नहीं बल्कि कई है .....

भारत में खेलों की सुविधाएँ बहुत कम हैं, लेकिन ओलंपिक खेलों के बाद उसकी चर्चा तक नहीं होती। डॉक्टर इंजीनियर बनाने के लिए परिवारवाले पूरी ताकत लगा देते हैं ,परंतु खेलों को कभी भी करियर के रूप में नहीं लिया जाता।

आज ओलंपिक में अमेरिका पहले स्थान पर है और चीन दूसरे स्थान पर, क्योंकि उनमें जीत की मानसिकता और किलर स्टिंकट है। इसे पैदा करने के लिए उनके देशों में तरह तरह के प्रोग्राम( programme)चलाये जाते हैं ।

अच्छे खिलाड़ियों का चुनाव बाल्यकाल से ही होना ज़रूरी है ताकी उन्हें सही प्रशिक्षण देकर इन खेलों के लिए तैयार किया जा सके।

वर्ष १९०० से लेकर २०१६ तक भारत ने लगातार ओलंपिक्स में अच्छा प्रदर्शन करने के कई प्रयास किये , किन्तु कहीं न कहीं इनमें कमी रह गयी।

लेकिन हमें इस असफलता से निराश नहीं होना चाहिए। लगातार प्रयास और समय के सही उपयोग से हम अपना लक्ष्य पा सकते हैं।

केवल कुछ शब्दों में कहे तो .....खेल में जितने का दृष्टिकोण ज़रूरी है

साक्षी मलिक और सिंधु ने जीत हासिल कर इस बात को साबित कर दिया है कि "जितना मुश्किल है पर नामुमकिन नहीं। "

अंत में इतना ही कहेंगे .....

**ज़िन्दगी की असली उड़ान बाकी है,  
ज़िन्दगी के कई इम्तेहान बाकी है,  
अभी तो नापी है मुड़ीभर ज़मी हमने,  
अभी तो सारा आसमान बाकी है ।**



-Ms. Suvarna Kaur Alag



better teachers make better students

The workshop conducted by Classedge on Saturday 23 July 2016 by Mr. Rishaad for both primary and secondary English, Math and Science teachers on using lab aids to make English more interesting. The software had both audio and visual aids to help students improve their phonetics and language skills. Math and Science teachers were given Styrofoam aids with models. English teachers were shown workbooks that can be used as additional supplement in class for teaching.



## CAMBRIDGE ENGLISH Language Assessment

CELA Workshop was organised for the Pre-Primary and Primary teachers on Saturday 16 July 2016 from 9:00 a.m. to 3:30 p.m. Mrs. Minal Paranjpe took the workshop. The teachers were given first hand training and practical knowledge of how to teach and prepare students for Cambridge English Examination.

The YLE training involved:-

- STARTERS
- MOVERS
- FLYERS



A workshop was conducted on 'CHILD ABUSE' on 25 July 2016 in the A.V. room at 11:00 a.m. by PSI Panhale, WPN Rama Harwalkar and Patadar for the students of class VI. The main aim of the workshop was to make the children aware of 'GOOD TOUCH AND BAD TOUCH' and to sensitize the students to have self-respect.





With an aim to foster patriotism, our school organised an inter-house patriotic song competition in lieu of Desh Apnayein project for the students of Class V - X. The event included both, solo and group singing performances, passionately rendered by students. It started off with a prayer song, wherein all in unison prayed for the country. Students recited a variety of patriotic songs instilling the feeling of nationalism among the audience. The winner of the solo singing competition was Varenyam Pandya followed by Daisy Khatri in the second position and Devyanshu Jha and Zara Shaikh, both stood third. The yellow house was declared as the winners of the group singing competition.



Harvard United Nations India is one of the biggest United Nations simulation conducted yearly in Hyderabad, India by the students of Harvard University, England. City International School students have been attending this session from 2012 onwards, this year also, fifteen students were a part of it, accompanied by Ms. Mobina Quadir, Supervisor Secondary Section.



It was an invigorating learning experience for the students with high profile speakers like Mr. Vikas Swarup, the author of Q and A and the spokesperson of the Ministry of External Affairs of India, inspiring students to follow their dream. Workshops on 'Leadership', Persuasive Writing and Public Speaking were conducted, which enhanced their self confidence.

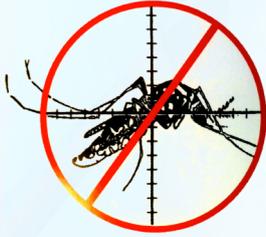
# ELOCUTION & DECLAMATION COMPETITION



The **Inter – House Elocution competition** was held on Monday, 8 August 2016 for the students of class V to VIII. There were 12 participants in all with one from each house and four from each grade. The topic for the Middle School was Poems come Alive-Poems on values.

The **Declamation Competition** for the students of class VIII to X was conducted from 10:30 a.m. onwards. There were 15 participants in all with five participants from each grade. The inspiring speeches included “Tryst with Destiny” by Pandit Jawaharlal Nehru, speech by Charlie Chaplin for Hitler, Speech by Mr. Obama and....

## Prevent the spread of **Dengue Fever**



The mosquito is the most common carrier of the Dengue Virus.

Dengue Fever can be DEADLY.



On the 16 September 2016 we had a special assembly creating awareness about the on going problem of Dengue fever in the city.

Students of primary and secondary section spoke on the causes and prevention of Dengue. Posters and banners were prepared by the students under the able guidance of our Principal.

A silent rally was conducted in the recess by the students of class VIII and IX .

Posters in the lobby, corridors spread the message loud and clear- “ FIGHT THE BITE ” .

## HERITAGE

The teachers planned an Educational trip to the PRINCE OF WALES MUSEUM on Saturday 16 July 2016 by the School bus. The name of the museum is -

***Chhatrapati Shivaji Maharaj Vastu Sangrahalaya***

Formally - ***The Prince Of Wales Museum.***

The teachers first led us to the Auditorium where we saw a small documentary on Mumbai.

Through this we learnt that Mumbai was earlier divided into seven islands. They were- Bombay, Colaba, Parel , Mahim, Worli, Mazgaon and New Colaba. After the movie we saw the structures of gods and goddesses. Then we went to the Sculpture Gallery followed by the Indian Miniature Painting . We went to another art gallery - Himalayan Art Gallery in which we saw many paintings from Tibet regions, each painting had a different story to tell. We also saw many scary weapons of early days. We saw the Chinese and Japanese type of art. We later headed for the Textile and Costume Gallery .Then we saw the different types of coins in the Currency and Trading Centre which were used as currency in the earlier times . We also got a chance to see the Ratan Tata Painting Galleries. Then the teachers took us to the last section which was the ANIMALS section. It was fun. I saw so many different types of extinct animals and birds. I also saw the underwater animals there . Later, after a short snack break we headed towards the bus. Busy munching and enjoying the ride back to school. A wonderful ,educational trip and beyond all questions, a memorable trip !!

**VANISHKA VERDIA**  
**VII C**



# Editorial Note



“ A School is a building surrounded by four walls with the future inside.”  
A School plays a greater role in changing the society and it's people in the sphere academic, social, economic, mental , moral and physical development. Above all it always keeps its door open for all, irrespective of caste & creed, colour& community, high& low and rich& poor. Hence it may be rightly termed as a pious and sacred social institution and a platform for creating good leaders of the nation.

' **SPECTRUM** ' ..... through which the students can expose their literary and artistic talents . We believe that writing potential exists in all , but it is the urge to write that a few possess. It has been our constant endeavour to stir this urge by getting children to write about the things that they feel, see and do.

' **SPECTRUM** ' ..... viewed as a launch pad for the children's creative urge to blossom naturally . As the saying goes,“ Mind like a parachute , works best when opened.” This humble initiative is to set the budding minds free, allowing them to roam free in the realm of imagination.

'**SPECTRUM** ' .... Espouses the school spirit which is built up within the school through the collective actions, thoughts and aspirations spurs higher growth and enterprise in children .

Always remember :

“What you are is God's gift to you;  
What you become is your gift to God .  
Have something to live for. Bring out the best in you”.

With warm regards and best wishes always

Ms. Nishrin Dhoon.





*City International School*

*For Feedback and queries log on to [www.cityinternationalschoolmumbai.com](http://www.cityinternationalschoolmumbai.com)*