

Special points of interest:

- The Amazing Achievements in academics as well as co-curricular activities..
- Beginning with the School Alumni
- Zydans auditioning for Kadak Badshahi

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From The Principal's Desk



Our Newsletter 'Zen' is back again with renewed enthusiasm and passion. This newsletter with its vivid portrayal of photographs, articles & reports will help you relive the beautiful moments, which marked the entire session and made school life interesting & enjoyable for all. Congratulations to the entire team of Zen for the same.

I feel overwhelmed to inform all the readers that ZSE- Vejalpur is adjudged the best ICSE School in Gujarat according to the survey by www.thelearningpoint.net.

"Education world" magazine, has rated ZSE amongst the best 100 schools within the country. Congratulations! to the teachers, students and Parents who have made this possible.

A beautiful Quote by W. S. Maugham :

"To acquire the habit of reading is to construct for self a refuge from almost all the miseries of life."

I request all parents to promote healthy reading habits amongst children. Children must develop a passion for reading and if they do, they will never cease to grow. I go a step further and suggest that let us include FAMILY READING TIME in our weekly schedule, where all members of the family get together read and share their thoughts. This will also help in reducing time spent by children on twitter, face book, whats app etc.

I am sure you will enjoy reading the newsletter.

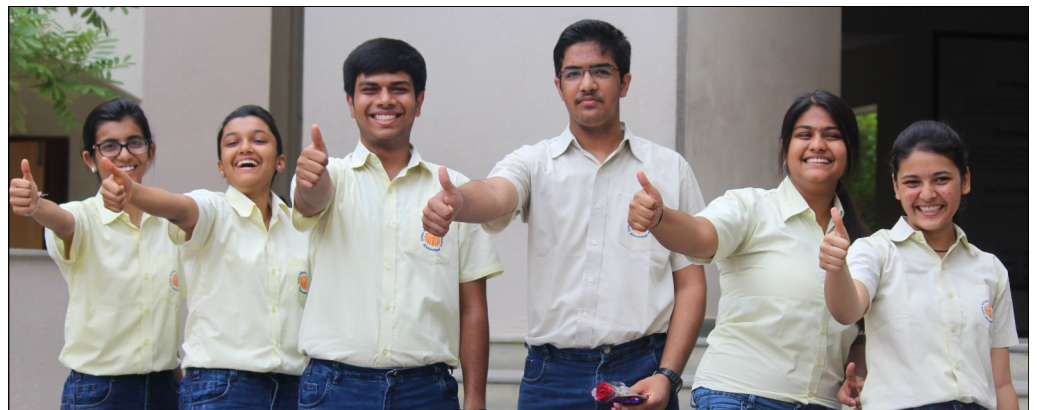
Your constructive suggestions are always welcome.

God Bless

Ms. Alka Murthy

Zydu On The Go...

Zydu bags top six positions in the city



Left to Right: Aditi Kotak, Naishi Shah, Vaishal Mistry, Anuj Hydrabadi, Jaanvi Agrawal and Hetvi Shah

The Zydu Family takes great pride in sharing this moment of brilliant accomplishment of our school in this year's 10th and 12th board performances. Our students have brought us

immense pleasure by registering a clean sweep in the city by bagging the top six positions at ICSE. In the ISC examinations this year, we have Priyanshi Sheth of



Priyanshi Sheth

Commerce stream as the city topper.

The areas of magnificence are as follows-
Vaishal Mistry (96.7%),
Naishi Shah & Hetvi Shah(96.5%), Jaanvi Agrawal (96%) Commerce stream as the city topper. The areas

of magnificence are as follows-
Vaishal Mistry (96.7%),
Naishi Shah & Hetvi Shah(96.5%),
Jaanvi Agrawal (96.5%), Aditi Kotak & Anuj Hydrabadi (96%). Besides this, 9 students scored 100% marks in Computer Applications .
At ISC, we had Priyanshi Sheth (97.2%) Siddhi Mehrotra (96.2%) on the second position & Sakshi Agarwal (95%) on the 3rd position at school in the Commerce stream. In the Science stream, Rohan Patel (96.4%) on 1st position, Aman Singh (96.2%) securing 2nd Position & Prachi Desai (95.2%) securing 3rd position at school. Others highlights include 7 students who scored 100% in Mathematics , 5 students in Computer Science and 6 students in Physical Education.. We are proud to tell that the Science Class Average was 86.77% and that of commerce was 80.43%

The icing on the cake was that this was the highest class average in the past 5 years..

This is what our toppers had to say:

Vaishal Mistry: I am really happy with my result, still striving for a nation-

al rank. I feel that tuitions do help in preparation and it is nothing to be embarrassed about. If understanding is built up, the papers are not tough. Chemistry wasn't a conventional paper this year.

Hetvi Shah: "Presentation plays a really important role. Your main goal is to please the examiner. Some methods are highlighting important points, leaving spaces, good handwriting, and underlining after every answer".

Naishi Shah: Practicing model papers is the key to write perfect answers. Tuitions help in this direction. Reference books are necessary for a few subjects like Science, Maths and History. One shall Utilize the reading time to the fullest especially in going through the options in Section B and taking appropriate decisions.

Aditi Kotak: I became serious towards the end of the year. Put stressbusters to your advantage like for me dancing, music helped a lot. The supervisors were not intimidating in any way. I cruised through the papers.

Jaanvi Agrawal: I was totally freaked out in the beginning of the year. I paired my favourite subjects with the one I dislike. Thus, I could create a balance between them. That helped me to study the disliked subjects. The teachers checked the model test papers which was really helpful.

Anuj Hydrabadi: According to me, tuitions are not one's necessity to score well in the boards. I studied by myself

throughout the year and could still score. To be honest, I didn't present my paper that well but since the concept was conveyed, it didn't matter a lot.

Priyanshi Sheth: I attribute success to sincere, smart work coupled with immense faith in God and supplemented by truckloads of blessings from one and all. To be "successful" in studies, you should first decide what "success" means to you. Decide on a goal and keeping in mind that goal, plan and work for it from Day One. Planning is essential, but the key to moving forward is action. Hence, planned action can rarely go wrong. However, plan in such a way that you are "stubborn about your goal, but flexible about your methods," for we all know that life rarely allows us to thoroughly stick to our planned schedule.

Rohan Patel:When you are preparing for various entrance exams, its syllabus covers the ISC syllabus. So striking a balance between the competitive exams and the board syllabus wasn't an issue.

Aman Singh:: I feel CBSE board is the best if you want your college placement in India. Panicking before the exams doesn't help. I was too stressed before my JEE advance paper and that affected my performance. So, the best advice I can give is "STAY CALM".



The state & city toppers in an exclusive tête-à-tête with CMD, Zydus Cadila, Shri Pankaj Patel.

Shashwat and Ruhee move on further....



Shashwat Punjabi of Class VIII participated 10th Annual Maker Fair Bay Area at San Francisco on 16th & 17th May 2015. Maker Fair showcases invention, creativity, and resourcefulness where Makers come to show their creations and share their learning.



Ruhee Parelkar (VIII) attended a summer workshop involving creative writing at Shiv Nadar University, Noida. She was also selected through the ASSET - Duke University Talent International Summer Studies Programme.

Dhanvi- The Sparkie Champ



MINDSPARK (Maths)- Dhanvi Shah (VB) is presently the outstanding achiever. She is rewarded the "Sparkie Champ" title for grade IV – VII.

Saumya makes a mark in Japan



SOUMYA PARIKH participated in 18th Kanagawa Biennial World Children's Art Exhibition. She won the "President of the Japan Committee for UNICEF Award".

Arth Kacha- A rare achievement



Arth Kacha of grade VI has cleared Oracle JAVA Certification Exams and has become one of the youngest in the world to clear this exam with 100%.

Sports Heroes

Zydans have showcased their immense talents in the field of sports and have made us feel proud. Some of the major achievements were....

Kritee Shah (4th) - stood first in the Chess Tournament organized by Chess New Ahmedabad District Association on 14th & 15th June at Nirman School

Sagnik Banerjee (6th) - successfully defeated all his competitors in SKSI's 31st All India Karate Championship organised by Shito- RYU Karate School of India on 29th May to 1st June at Uttarakhand.

Bhavya Bodha (6th) - Has a long list of securing first positions in 50 mt Breast stroke, 4 x 50 mt Medley relay, 200 mt Individual Medley, in at

32nd Sub – Junior Gujarat State Aquatic Championship organized by Gujarat State Aquatic Association on 30th & 31st May.

Nishk Davawala (5th) was no exception he too got the first prize in 4 x 50 mt Medley relay at State Level Swimming Competition.

Mili Jetly (VII) and Anjasi Mehta (IX) – with their wise moves led themselves to victory in Zonal Level city "Taluka Vyayam Pracharak Manda"- Chess (U-14)

Ayush Gupta (6th) - managed to back the third position in 100 mt Back Stroke, 50 mt Back stroke at 32nd Sub – Junior Gujarat State Aquatic Championship organised by Gujarat State Aquatic Association on 30th & 31st May.

Saumya Shah (VI) & Arya Shah (VI) competed 5 hours non stop skating event held at Vasant Nature Cure Hospital, Ahmedabad on 30th May.

SRIJAN... a clean sweep



The Zydans team exulting at SRIJAN

School wins Srijan – Rolling Trophy for the 2nd consecutive year. Student participated in ‘Srijan 2015-16’ a multifold event which included Danceholic, Waste management, Story writing, EVS quiz, Declamation(English), Vaad vivad (Hindi), Turncoat (English), Hindi Drama, Classical music, Animation, Gaming zone. Students bag the “SRIJAN” Rolling Tro-

phy hosted by DPS, Bopal. Here are the students who were a part of this achievement...

Amoli Shah and Ria Shah of Grade 7 along with Moksha Mehta of grade 6 backed the first position in Vijayanti.

Manaswini Joshi(8th) once again portrayed her oratory skills and got the first prize in English Declamation.

Chirayu Pandya (12th) got the first prize for his melodious playing of the Sitar.

Achintya Baghela and Sanjana Shah of 9th received the second prize for their Animation in Flash.

Rishab Shah and Meet Mehta of class 12 received the second prize in Gaming.

Other Noteworthy Achievements...

Bournvita Quiz Contest-

Our school qualified for the table round with 5 other teams in which 48 different school participated with 5 teams each. We stood 4th in the competition.



Art Exhibition

Prathit of class VI won the 3rd prize at the International Child Art

Exhibition organised by ‘KSHITIJ’ held at Bangalore.

Asian Youth MUN

Puranjay Chandel and Naishi Shah got special mention whereas **Vaishal Mistry and Sanjana Shah** got Verbal Mention at PDP, Gandhinagar. (Clockwise from top: Puranjay, Naishi, Sanjana & Vaishal)



Ignited Minds

Letter Of Indulgence

*'O Guardian of the Heavens,
If thou must forgive me
A guilty soul like mine
Thy servants speak't of forgiveness
Save me, lord, from damnation,
And spare mine tearing blood
Let not my soul face the mighty Death;
The gates of Hell.
Never again will I question 'LOVE'
'Tween two of the Fair Folk;
'Cause the truth is superior
The lie a void.
And their tongue only speak't
That which is True.
Let mine soul burn, and wings withal;
Let no Angel spare't; 'tis my wish and thy true will.*

Amen.'

*Composed by
Swastika Bhattacharya and Nandini Jiva*

A Pen Friend

Although you are a friend of mine
and letters we exchange,
I wouldn't know you on the street,
and doesn't that seem strange?

You hold a place within my life,
unusual and unique;
We share ideals and special
dreams,
and still, we do not speak.

I picture what I think you are,
perhaps you picture me.
An intriguing game for both of us
for someone we can't see.

So for this friendship we possess,
we owe this mail a debt,
Perhaps the charm lies in the fact
that we have never met.

HARSHAL NAHATA
7 A



मनुष्य और प्रकृति की लड़ाई

तितलियाँ बगीचों के ऊपर बिखेरती हैं अपना रंग ,
 फूलों से रसपान करने का अनुपम है उनका ढंग ,
 किन्तु क्या मनुष्य नहीं करता उन्हें तंग ?

नदियाँ करती हैं अपने शीतल जल से वन को सुपूरित ,
 किन्तु यदि उन्होंने अपना लिया विनाशकारी बाढ़ का रूप ,
 तो मानव भी भूल जाएगा अपनी गणित ।

आज इंसान रहा है प्रकृति को ललकार ,
 नभ एक दिन काले बादलों से ढक देगा संपूर्ण संसार ,
 प्रकृति को न समझो बेकार, हमे भारी पड़ेगा यह अहंकार ।

यदि हम कर ले प्रकृति से दोस्ती, तो हम पर मंडरा रहा खतरा भी जाएगा टल,
 पेड़ों को बचाओ!!! इससे पहले की उनकी डालियाँ जाएँ गल,
 हमे इसकी शुरुआत आज करनी होगी ना की कल ।



सार्थक जैन कक्षा ९-अ



GRATITUDE

A word wasn't ever spoken. Greetings never exchanged. But I still know you cared for me and many others like me. I know you were overjoyed when I was happy and felt sad when I was not. You helped me develop as a human being. I wish I keep up with the littlest of your expectations. You gifted me a few treasures that I cannot forget for life long. You always had faith in me and my potential even though I never believe in myself. How otherwise could you have given me uncountable opportunities to employ my potential into something that could turn out to be the best?

Who and what are you, just a place or a name? You are a strongest pillar and mean to me fourteen years of my life, the most important fourteen years. Your orange flower always invites me to come to you and welcomes me with a shine when I smile at it. I take pride in telling people that I belong to you. I can't help but cherish memories that I have had with you.

Do you remember that little girl with two ponytails holding hand of her parents and meeting you for the first time? That acquaintance changed in to experience, experience changed into my journey through time with you and is now about to change into memories. I know no matter how old I grow, these memories will never become faint and will remain the brightest forever.

I enjoyed many privileges as a teacher's daughter. The one that I thoroughly enjoyed was that I could issue a Disney film CD from the library and take it home to watch with my friend or cousin. The fast ride on merry-go-round, the exciting multimedia period every week. That imaginary mission in that circular play area to mars in "free play" of sports period. Basket ball coaching and animation classes in summer camp are unforgettable. The time when I coloured the whole Diwali picture pink and won second prize and came to know that that the first winner was someone who had coloured the whole picture blue.

Music classes were always interesting. Art classes were memorable in the art room where creativity reigns over every other aspect of human intelligence. Winning the first prize in every group activity in class 8. Having fun rehearsing for annual function every time. Writing poems and articles for the school newsletter was a nice experience. Making interesting things for Kaizen Carnival and Zyzeal was very much of fun! Overwhelmed to represent you at every competition that I was chosen to participate in.

I loved to do anchoring whenever I got chance, for the class assembly. I felt very happy when I was given a chance to perform Kathak, solo on stage. The time that I had with my friends was invaluable. You gave me a platform to learn many different things, especially French language. I came to know that I had a new interest and was pretty good at it. I also came to know about my interest in learning foreign languages and traveling the world. You taught me how to celebrate my childhood.

And the memory that is closest to me is, when I used to sit under the statue of the great man himself, our founder, waiting for my mother to come from her meeting, so that we could go home. I could feel the same warmth that I felt when with my grandparents. Only good thoughts ruled over my mind. I had never thought that a wait would be so motivating and inspiring that it would become so close to me. I will now shortly set out for a new journey. But this parting isn't going to be sad, it will be happiest one! It is that parting which is about to test the person whom I have developed into, as a result of your priceless teachings!

*By
Ananya Shah (XII)*

WISHING WELL

The doorbell rang and my brother rushed to open it. Bam! a tiny box fell on my foot .I had decided to finally clean the attic with my elder brother and had been rewarded by a painful toe! The box looked antique and when I picked it up, something rattled inside it .I opened the treasure chest, inside it was a little lamp- much like Aladdin's. I laughed out at myself for having the ridiculous thought. But then I picked up the lamp and rubbed it vigorously.

Nothing happened for a moment and then a genie appeared!! My genie looked quite like the cartoon one, except he spoke in a very funny way and I could hear him say. "For having freed me, I grant thee three wishes" .I could not believe my ears! I pinched myself to see if I was dreaming. But I was not .My mind began to race, a thousand thoughts forming at once.

What should I ask for? Should I ask him for a gold medal in my upcoming sports day? Should I ask him for full marks in my Math's test? Or should I ask him to be a noble person and do something for the orphans?

A thought stuck me- I had always wanted to see the future what the future would be like? And I asked him to take me a hundred years ahead in time.

He mumbled something..... and I was standing in this alien time quite puzzled. The surroundings looked quite similar, but strangely devoid of trees . My genie told me that there were no more trees left in the world and hence things like paper were a rare and priceless commodity. I kept walking and saw the technology in which cars drove themselves and robots moved around doing various odd jobs. Because there were no plants people had pills for lunch. Their world was so fascinating that I spent an entire day.

Then the genie tapped me on my shoulder and we were back in attic. It seemed not even a minute had passed! He asked me what my second wish was. I decided quickly and this time asked him to take me to the middle ages. I landed in the middle of a castle. I was spellbound by the beauty of the place. What a life it was! Luxuries room glittering diamonds and gold, horse riding and lot more. I thoroughly enjoyed myself. I never had so much fun in my life.

We were back in the attic. The genie asked me what my final wish was. I had already decided, call me greedy if you want, but these little adventures into time weren't enough for me. I wanted more. And with a devilish grin I told him so and took a promise from him that he would take me time travelling whenever I wanted to.

He disappeared. I looked at the clock on the wall. Not a minute had passed since I had found the little box. Just then my brother arrived and saw me with the lamp which I tried to hide from him. I wondered whether he would believe my tale....

By-
Shubojit Roychoudhary
(VC)



Nostalgia

My Life at Zydus

Life is all about learning. My school life was but a preparation to face the challenges that the bigger school called world will offer me once I am out of my school. Zydus has completely changed my life. From an inexperienced kid in class IX to a mature senior ready to face the challenges of the world. Some say that "high school was the best time of my life", just like others say that high school was the worst time in their lives. To be honest, I am not sure which category I fall into. I've had plenty of good times, as well as just as many bad times, in high school. The only thing I can say is that I learned. And the most important thing is that, not just that I learned through the books, but I learned about life and the road ahead of me.

For the past four years which I became a high school student, I wasn't expecting the unexpected. As I have experienced in our class, it was bonded with crazy things & funny moments. Some of the times, backstabbing were going on to some other groups of friend which shouldn't happen. I was very much lucky I didn't had enemies, contrary to this I didn't had a number of friends either. But I am happy to say my close friends were really good, down to earth personality & full of humor, & sometimes I really miss that fun though it was me who was made fun of.

I was very much depressed when I was not able to score well especially in my first year at Zydus. I kept on improving myself & tried to find the root cause of not achieving the expected. Gradually my efforts worked & likewise confidence. I will cherish those moments when I skipped Chemistry classes because I got bored in our lessons. The times we dared each other to do some crazy stuffs like begging some money on other people as if like we are beggars.

The unforgettable events in which I participated in past four years were awesome as always. We even use to play chess in class rooms in proxy periods illegally & that was so much fun. Fighting for 1 or 2 marks with teacher with a fair motive to harass them to such an extent that they are forced to give marks was another mystery of increasing obtained marks. I really miss the moments full of fun in school bus shouting, laughing, harassing each other & making fun of the most cool person in the school bus, & that was me. The Music Sessions, Practice, events, competitions, staybacks were pretty much entertaining.

Playing games in computer labs after completing programs, playing basketball just to break the rules & quitting the same in the middle & joining badminton was amazing.

The unforgettable Juniors-Seniors Promenade, the butterflies bugging in my stomach whenever I saw my crush & made foolish expressions was great. At serious times, I was not at all serious & this is the reason why I can handle any amount of pressure .

High school life at Zydus made me learn from my mistakes. Learn on how to strive harder in my studies. Taught me not to become coward at difficult times, instead, be brave enough to reach the peak. Today Whatever I am is just because of my school & my parents who have supported me in each phase of my life. The teachers at Zydus were closer to me than my friends. Their unconditional help & support has made me confident enough to speak in front of corporate audience. I am so grateful for the opportunity to experience a high school like Zydus. I cherish every experience and relationship that I have made in my four years of high school.

Of course, as I move on with my life, I will value the education that high school has granted me. But it is the relationships that I have made with teachers and friends that I will take with me as I graduate high school and move on to college.

Parth Shah
Alumni, Zydus School For Excellence

Nostalgia

Ever since our birth as a human being, we have been burdened with so colossal a debt that it is a wonder that we are still standing. I often wonder how I will be able to repay my debt. I do not have a bank account. I do not have a job. I do not even know the amount of debt I have to repay.

What I do know, however, is that if I start counting, I might just reach my last breath yet not know when to stop.

Looking back on my first day at ZSE, my mind conjures up the vivid image of a young girl of eleven, clad in a yellow school shirt and mid-length denim skirt which serves as a substitute for the school skirt for the first few days till the local Pintoo store manages to secure the size ordered by her. Smiling weakly as she is led by the office assistant, Maulik Bhai, to her sixth grade classroom, she desperately tries to suppress the butterflies in her stomach. A conversation strikes up between the two and the young girl asks, “Do you have assigned seats here?” “Huh?” comes the reply. “Assigned seats? Do you have assigned seats here?” Her question is met by a blank expression. “Ahiyaan assigned seats hoy chhe?” she translates her question into Gujarati, suddenly aware that she is no longer in the United States of America, but in Gujarat, India, where the local language is Gujarati. What the girl finds even more irritating-cum-hilarious is that Maulik Bhai has still not understood the meaning of “assigned seats.” Perhaps it is for the better, because they reach the VI-B classroom entrance and it is time for the young girl to say goodbye. Her desperate eyes search for a seat to which she can retreat from the surrounding twenty-nine other curious pairs of eyes. There is only one seat left. Thankfully, the bench is the one farthest back, the second half of which is occupied by another girl, who at best does not seem frightening. The noise in the classroom is already deafening, but after a few minutes of hushed whispers among its occupants, a perky girl on the first bench turns around and pipes up, “Aapka naam kya hai?” “Priyanshi,” the young girl replies quietly. “Kya?” “Priyanshi,” she repeats, annoyance creeping up on her again. A guffaw and knowing looks being passed around the class hurts the young girl, but she is more bothered about their behaviour and lack of respect than curious about the presumed joke.

When that young girl came to ZSE, she was a combination of intolerant and shy – steadfast but an introvert. The past few years of her life had instilled an inferiority complex in her. She didn’t seem pretty enough. She had been called a nerd. Her clothes weren’t always fashionable. Bottom line – she just didn’t fit in. Though at heart she was a rebellious girl about to enter her teenage years, she kept the rebellious behaviour curbed in this new environment. She yearned to speak out and give everyone a piece of her mind – and sometimes, she did – but the majority of time saw her keep to herself, a quiet and observant girl. The fact that she came from a so-called distant land; spoke fluent, accented English; and understood little Hindi somehow gave her an edge over the others – one whose basis she didn’t quite understand, but was only too happy to accept. It was on her first day itself that she realized she might – she just might – have the chance to come out of her turtle shell, into a place where people would be willing to call her “one of us.”

There are thousands of people whom we come across every day. Some we know, while most are strangers. Some we talk to, while most we satisfy with a smile or nod of the head. Some stay in our life for a long time, while most disappear without leaving a trace.

As that young girl cultivated new friendships, learned to open up while also have her heart broken by some of the people whom she had once upon a time called her “best of friends,” and yet again give a courageous one-man fight against that lonesome feeling she was all too familiar with, she learned some of the lessons that life only reveals to the ones it treasures most. And slowly but steadily, the intolerant nature morphed into a cooperative, high-spirited one. The nonchalant expression and trail of obscenities which had never required effort to be let out in reply to someone who dared tease or insult her were replaced, if almost by magic, by an ever-smiling face and a caring, helpful hand. Here was a girl who had spent her journey in ZSE – evolving, learning, discovering. She may have fallen seven times, but God made sure that she dared stand up the eighth.

And after all, isn’t that what school is all about? A place where you are allowed to wander about, lose yourself, and rediscover who you truly are? A place where you begin to see another mother, another father, another sister, another brother in the multitude of faces that swarm in and out every day? A place which you only realize was your second home the day you are made to leave it? A place which has you saying goodbye after making sure it leaves you with the biggest debt burden ever...

Now an eighteen year old with one step already out of the school gate, the girl wonders aloud...

“You know what’s funny?”

“What?” you ask.

“What’s funny is that though

‘School’ has become synonymous to ‘ZSE’

And ‘teacher synonymous to ‘friend,’

In spite of all that,

What’s funny, my friend, is that

...Life moves on.”

Priyanshi Sheth
Alumni, Zydus School For Excellence

Nostalgia

It was out of affection, I guess...

Our affection for the teachers who raised us in our second home; Our affection for our friends who made us feel that there were many like us; Our affection for that sacred place itself that we call SCHOOL...

It was this affection that inspired a godlike determination in us to come back and pray in the temple of learning-our blessed school. It was this affection with which we were brought that made us revisit those places where we experienced the happiest and saddest moments-The joys of coming out as the topper, the joys of having a luxury known as friends, and of course the sorrows of realizing that all hope of reliving these times is lost, forever.

Our school was the place where we quarreled with our best friends and made friends with our rivals... Our school was the place where the commendable efforts of all the teachers (even if they didn't get involved in educating us academically) sowed the first seed of the next and probably the last generation of achievers who would age progress with utter grace in their lives.

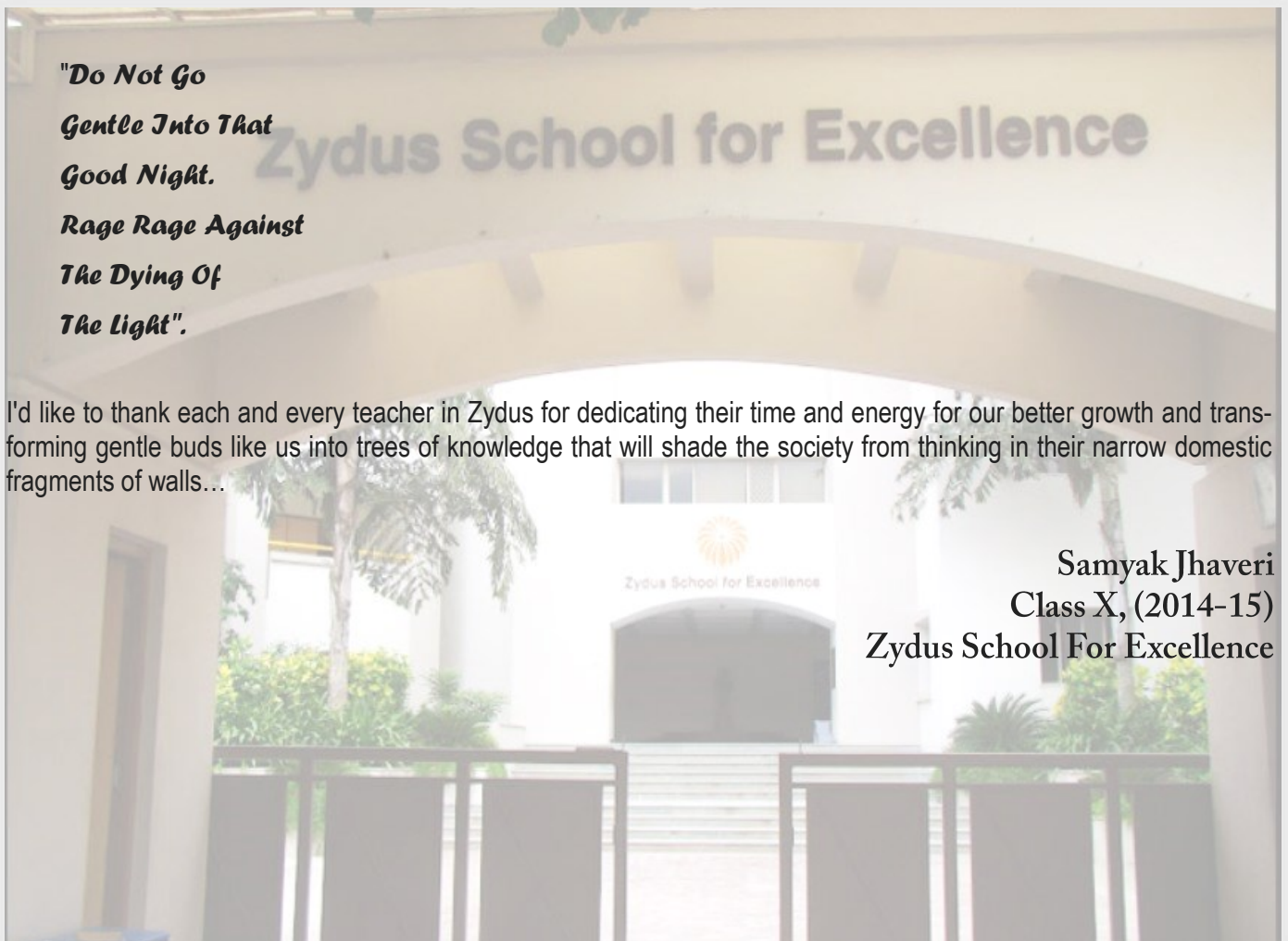
It hurts to say as these words come from my mind, but now we are all on our different ways, on different paths. Even if aim for the same goal or college, we are all apart....

But in the end we will strive to raise your prestige, and proudly uphold the victorious glory of Zydus. Quoting Dylan Thomas here (learnt from Interstellar):

**"Do Not Go
Gentle Into That
Good Night.
Rage Rage Against
The Dying Of
The Light".**

I'd like to thank each and every teacher in Zydus for dedicating their time and energy for our better growth and transforming gentle buds like us into trees of knowledge that will shade the society from thinking in their narrow domestic fragments of walls...

**Samyak Jhaveri
Class X, (2014-15)
Zydus School For Excellence**



Experience Speaks Out

Relax, Refresh, Rejuvenate in the Class

Greetings to all children.....

Steal a few moments for yourself in the class when the teacher leaves after the period ends and before the next teacher comes in. Try out **any** of these simple breathing exercises. These can be done in the class sitting on the chair. These will bring enormous health benefit, develop good breathing techniques, calm you, help you relax and rejuvenate you for the next period. You may even try these in the proxy periods. All of these together can be done in eight minutes.

Deep breathing:

Take in a deep breath while counting till five. Your chest and stomach should be blown out. Then breathe out while counting till five. Repeat for one minute.

Kumbhak

Take in a deep breath and hold. Count till five. Breathe out. Then count till five. Repeat for one minute.

Anulom Vilom:

Close your right nostril with your thumb and take a deep breath from your left nostril.

Now release the thumb and close the left nostril with your ring finger. Then breathe out slowly through the right nostril.

Then take in air from right nostril. Close the right nostril with your thumb and release it through the left nostril. Repeat five times.

Kapalbhati:

Breathe in normally.

Breathe out forcefully through nose such that your stomach goes inside forcing out the air from the lungs. Repeat thirty six times in one minute.

Kapalbhati Shigra:

Repeat the above seventy two times in one minute.

Vishudhi kriya:

Take in a deep breath. Close your nostrils with your thumb and finger.

Lower your chin till it touches your throat.

Let saliva collect in your mouth and then swallow it. Again let saliva collect and then swallow it. Repeat this five times.

Open your nostrils.

Raise your head slowly releasing breath at the same time.

Tension-Relaxation Exercises

Take in short, quick breaths through nose four times. Breathe out through mouth twice as if blowing candles.

Stretch out your arms. Close your fists tightly. Count till five. Relax.

Stretch your legs in front. Turn your toes towards you. Count till five. Relax.

Take a deep breath so that your chest blows out. Count till five. Release your breath.

Take a deep breath so that your stomach blows out. Count till five. Release your breath.

Bring an expression of anger/irritation on your face. Count till five. Relax.

Wishing you all a healthy and happy time in school.....Stay healthy inside and outside

BY

Shailini Ma'am

दोस्ती मांग ली

ऐ खुदा तुमसे क्या दोस्ती माग ली
 तूने मुझसे मेरी ज़िन्दगी मांग ली.
 प्यार माँगा था दुखारिया क्यों मिली
 साथ माँगा था वीरानिया क्यों मिली
 आर्जो थी जिन दरख्तों से चाव की
 उनपे टूटी डालिय क्यों मिली
 मेरे जीवन की कालिया खिली भी न थी,
 एक कलि तूने उनसे अभी मांग ली.
 ऐ खुदा तुमसे क्या दोस्ती माग ली
 तूने मुझसे मेरी ज़िन्दगी मांग ली.
 होठ जिनके गुलाबी कमल की तरह
 हुस्न था हुबहू इक गज़
 तूने मुझसे मेरी ज़िन्दगी मांग ली.
 ऐ खुदा तुमसे क्या दोस्ती माग ली
 तूने मुझसे मेरी ज़िन्दगी मांग ली.
 ऐ खुदा हमसे अच्छी नहीं दुश्मनी

मौत देदे या लौटा मेरी ज़िन्दगी
 सुख मेरे इतने मांगे क्या कम पुद गए,
 तेरे हद से भी ज्यादा कदम बढ़ गए
 थी जो पैरो टेल वो ज़मी मांग ली
 तूने मुझसे मेरी ज़िन्दगी मांग ली.
 ऐ खुदा तुमसे क्या ल की तरह
 जैसे आई वो वैसे ही रुखसत हुई
 मेरे बीते हुए एक कल की तरह.
 बिन इजाज़त मेरी शायरी मांग लीदोस्ती माग ली
 तूने मुझसे मेरी ज़िन्दगी मांग ली.
 जिनका बस नाम था कारवो की तरह
 जिनका आँचल था एक आसमान की तरह
 लौटता था मई तय करके लम्बा सफ़र
 राह तकती थी जो जागके रात भर
 ऐसी ममतामयी माँ मेरी मांग ली
 तूने मुझसे मेरी ज़िन्दगी मांग ली.
 ऐ खुदा तुमसे क्या दोस्ती माग ली
 तूने मुझसे मेरी ज़िन्दगी मांग ली.

शीला

पंद्रह बरस का शासन दिल्ली में मेरा
 याद मुझे हर पल हर लम्हा आता है.
 पहले लोगो पर मई हुक्म चलता था
 अब हर नौकर मुझ पर हुक्म चलता है.
 अपमानो का हार गले में लटका है,
 हाय कृष्णा हाय राम यह कैसा झटका
 है.

मई परियो सी आसमान में उडती थी,
 किस ने मुझे ज़मी पर लाकर पटका है.
 पहले खुद को मई भगवन समझती थी,
 आज मेरा दिल राम-राम चिल्लाता है.
 पंद्रह बरस का शासन दिल्ली में मेरा
 याद मुझे हर पल हर लम्हा आता है.

कवि -

प्रभाष सर

Campus Hullabaloo



KG Activities

Activities are a part of learning at Zydus School. Children are made to learn basic concepts like shapes through practical activities. They get objects, food items representing various shapes by themselves. This makes learning a fun and exciting exercise for them. The year passes with fun and frolic for the children as they learn through vari-

ous activities like fruit extraction, toy vehicles, vegetable printing. Making paper boats and sailing them through the rain waters is a treat for the children. Observing milking of a cow, storytelling enhances the creative aspect of the children. Field trips to places like Reliance market, Kankaria Zoo, Post Office are a learning bonus for the children.



KG Celebrations

The children have most fun when the school celebrates on various occasions like Holi, Janmashtami, Diwali, Navratri, Rakhi, Christmas etc. They look forward to these celebrations and participate in it enthusiastically. Holi is celebrated with herbal colours. On the day of Janmashtami, children dress as gwalas and gwalins. Prasad is distributed. 1 pair is dresses as Krishna and Radha.

The story of Lord Krishna is narrated to them. The rakhi celebrations put a smile on the faces of the children as they make their own rakhis and the teacher ties it on their wrists. The children exchange gifts on Diwali and groove to the Garba tunes in the traditional dresses in Navratri. Christmas is even more extravagant when the Santa comes. The children

are dressed in white and red. The importance of each festival is told to the children. It is an overall learning experience.



Classroom Concours



Colouring Competition at Jr. KG

Students participated enthusiastically in a colouring competition held in the Jr KG on 16th September. The winners are as follows-

JR.KG. -A

Dev Mehta
Reeva Patel
Tashui Sharma
Kashui Agarwal
Devashi Pandya
Aahana Patel
Aarnav Bhatnagar

JR.KG. -B

Divit Kakariya
Manay Kinkhabwala
Vrinda Bansal
Dheirya Mecwan
Diya Parikh
Arham Shah

JR.KG. -C

Karna Dwivedi
Kiara Patel
Kedar Sheth
Pearl Mashruwala
Ridham Rawal
Shaurya Patel
Vidhi Shah



Recitation Competition at Sr. KG

In yet another spirited and playfully entertaining Recitation event, the Sr KG kids performed amazingly well. The winners are as follows-

SR.KG. -A

Krushanu Agnihotri
Hiya Shah
Manav Parikh
Jasvi Kothari
Aanvi Gupta

SR.KG. -B

Vir Srivastava
Devashi Patel
Kritika Gurugantala
Dhyana Shah
Khushi Bhuptani

SR.KG. -C

Pal Vora
Joy Savlani
Vivaan Shah
Mishka Jobanputra
Dwija Mehta
Viha Joshi

House Investiture

The new council of students was invested this year on 26th July, 2015. The solemn occasion was honoured by the presence of Chief Guest Shri Om Prakash Pathak, parents of the new council students, students & staff.

Student Council 2015-16

Head Boy	Anuj Gandhi	Head Girl	Ananya Shah
Deputy Head Boy	Ahan Kayastha	Deputy Head Girl	Naishi Shah
Sports Captain	Khanjan Shah	Sports Vice Captain	Lance Soares
Editor	Heer Shah	Co-Editor	Sarthak Jain
Cultural Secretary	Shruchi Jaiswal	Asst. Cultural Secretary	Aman Chainani

	Gyan	Dharma	Karma	Bhakti
Captain	Vaishal Mistry	Puranjay Chandel	Aditi Kotak	Nipun Grag
Vice Captain	Achintya Baghela	Nirja Shah	Yash Thakker	Shrey Desai
Prefect	Deeptha Sreekanth	Muskaan Abichandani	Jashan Khandwala	Vishal Motlani

Interhouse Competitions

Events		Winners		
		1st Position	2nd Position	3rd Position
Gujarati Monsoon Song	Class 1 to 2	Karma	Gyan	Dharma
Gujarati Poem Recitation	Class 3 to 5	Gyan	Dharma	Bhakti
Jugalbandhi	Class 9 to 11	Karma	Dharma	Bhakti
English Recitation	Class 1 to 2	Gyan	Bhakti	Karma

Zydan Outings

Visit to ETV Gujarati Office

Television is loved and enjoyed by all children. The students of Zydu were extremely happy to get an opportunity to take a look at what goes behind the scenes of the news channels. Zydans visited the ETV Gujarati

office. They got to see how a news channel actually functions. The audio-video coordination, graphic designing and other technical aspects was demonstrated. We also met the Editor of the news channel. The ques-

tion-answer session with the Editor was lots of fun. It was novel experience. The children realized that it actually takes teamwork and lots of effort to run a news channel.



ANNUAL FUNCTION - JUNIOR SCHOOL

The annual function of Jr.Kg, Sr.Kg and 1st std. was held on 11th sept, 2015 at Tagore Hall. The theme of the event was 'jungle and its animals'. The children participated in various dances, where they had dressed up as animals and danced to the animal's songs.

Jr.Kg.A- "Old McDonald"
 Jr.Kg.B- "Its Amazing"
 Jr.kg.C- "Chun chun karti aayee chidiya"
 Sr.Kg.A- "I like to move it"
 Sr.Kg.B- "Animal Planet"
 Sr.Kg.C- "We are beautiful creatures"
 1A- "Party in the jungle"
 1B- "Tarzan"

1C- "African Jazz"

The programme lasted for two hours followed by a finale tune where all the participants collectively came on stage, making it alive with. Variety of animals, birds, tribals... **thus creating a great "Jungle Hullabaloo"!**

ANNUAL FUNCTION - PRIMARY SCHOOL

The annual function of Std II, III & IV took place on 11th September, 2015 at Tagore Hall. The function commenced with the customary lighting of the lamp, followed by the presentation of the Annual Report by the Principal, Mrs. Alka Murthy. Then it was all eyes on the stage as the program began. Followed by traditional prayer song, the anchors

revealed the theme of the annual function- **SPORTS**. The opening number was a graceful one combining gymnastics, hula hoops and pom-poms. The subsequent numbers were all based on the theme of sports and incorporated football, cricket and kabaddi respectively. An imaginative use of props was made and many of the numbers were performed using

dumb-bells, flags, cricket bats and hockey sticks. Dances were performed on many popular sports numbers. The program was brought to a befitting conclusion by an enthusiastic finale wherein all the performers gathered on the stage. All in all, it was an extremely enthusiastic performance on the part of the students.

ANNUAL FUNCTION - SENIOR SCHOOL

The Annual function 2015 was a **treat to the eyes**. It displayed talent, skill and the smartness of the students of the school. This Annual Day was very special as displayed a fanfare of colours. It was a two day programme. On the first day of the annual function i.e. 7th of August there were Dramas, Dance presentations. The Annual Report of the school was read out

to the parents. The rising curve of achievements was clearly displayed on the screen. It was a very proud moment for the ever tasking and hard working Zydans, who always have a promise of **Excellence in their hearts**. The English Dramas were very interesting. The teachers and the students had put up their best. The dance presentations were worth enjoying.

The students presented a wonderful balance of rhythm and their swaying to the tune was worth watching. On the second day of the programme i.e. 8th the seniors mainly presented their song Dramas. There were our students from our senior school who also presented a musical presentation. The annual function was an overall success.



KADAK BADSHAHI AUDITIONS

Ms Mallika Sarabhai, her son Revantha along with a team of 16 members conducted an audition for troop of dancers in the film 'Kadak Badshahi' on 4th July 2015.

They chose 38 students from Class VI – IX & XI. These students are now further complete with other schools for final position in the film. Final Shooting

started for 'Kadak Badshahi' at IIM on 9th August 2015:

Yug: The experience at IIM was awesome. The cameras all around were capturing all our moves. It was an honour to meet Padma Bhushan winne Malika Sarabhai and Arvind Vedga. Our school was dressed in yellow t-shirts. Mijaj Amdavadi was an experience of a lifetime.

Shruchi: It was a completely new experience for me. Working with such great people was a proud moment for me and my parents. It was super exciting to listen to the person saying: "Lights, Camera and Action." After seeing the video , I feel extremely proud that we have done such great work.



FRANK ANTONY DEBATE

The Frank Antony Memorial Inter School Debate competition 2015 (Stage I- Preliminary round) was held at Anand Niketan School (Satellite Campus) on Friday, 15th July, 2015. The topic for the debate was "Competition leads to the death of Relationships". Ayushi Sinha and Manas Mahaskar participated in the competition. Where in Ayushi spoke for the topic and Manas spoke against the

topic. The Judges for this competition were Sham Parekh, Mr Harish and Mr Arjun Puri. Many school from all over India participated in the competition. All the students spoke with confidence, gave relevant examples and had proper eye contact. Yashvardhan Joshi of Bollabong School (Baroda) was declared as the best speaker, the best team award was won by Billabong School (Bhopal) and

are qualified for the next stage. All the participants were given the participation certificates and were encouraged a lot by the judges. The judges also gave various suggestions to improve their speech. It was indeed a remarkable experience for the participants as they were competing with the students from different schools at national level.

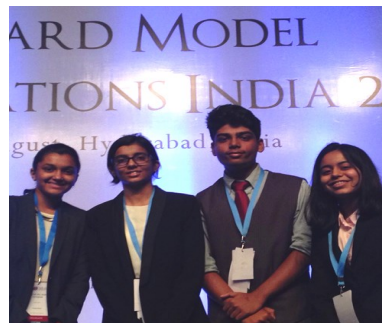


HMUN INDIA 2015

Harvard Model United Nations India 2015 was conducted at Hyderabad from 13th-16th August. Four students from Zydus, Aditi Kotak, Heer Shah, Naishi Shah and Purnanjay Chandel participated in the competition at Hyderabad. It was an excellent platform for the students to enhance their diplomatic skills

and socialize as students from over 13 countries had participated making HMUN an international fest. Each participant is allotted a country and a council wherein they debate about the various international issues the United Nations is addressing and come to an acceptable resolution. It is a fun-filled competition as apart from the ex-

hausting committee sessions, HMUN's got talent and delegate dance came as stress busters. The students came back as evolved global citizens with an international outlook. HMUN is a learning experience.



Adani Shantigram School T20 Soccer League

The football team of our school took part in the Adani Shantigram School T20 Soccer competition this year. Our training sessions began 20-25 days before the start of the tournament and after regular prac-

tice every morning before school hours; we went for the match on the seventh of September against Shree Vidya-mandir, Baroda at 2p.m. Our captain was injured, which was a major setback, but we

won the game 2-1 and progressed to the next round. Our coach, Rajesh sir, had taken great efforts to train us. In the second game, which was on a Sunday and many students from the school had come to cheer us, we lost 2-0 to a stronger KV-Shahibaug team. Yet, our performance was quite good and the tournament was a great learning experience for us.

Report by-

Anuj Hydrabadi- a team member



Albert Barrow Memorial (Inter School Essay Writing Competition)

Two students from Zydus School For Excellence had participated in the Albert Barrow Memorial Inter school essay writing Competition held at Mumbai. The Competition was held at two levels. One for class 10 and one for class 12. The student for senior level was Ms

Kalgi Sheth. The incharge teacher was Ms Kajoree Paul. Venue was- Christ church school Byculla.

The student participant from class 10 was **Ms swastika Bhattacharya**. The incharge teacher was Ms Jonali Patel the

Venue was Singhania School ,Thane. The competition at both levels took place simultaneously on 17 -08-2015.

Footloose (Interschool Dance Competition)

The school participated in the dance event 'Footloose', which was hosted by J.G. International School on 7th September, 2015. The dance group, 'Infinity', won the Second Prize

in the Seniors' category. The dance was a juxtaposition of semi classical and hip hop dance styles.

The participants were Ahan Kayastha, Yug Ajmera, Shruchi

Jaiswal, Muskaan Mansuri, Dhimahi Shah (XI), Rishav Panda and Prajjwal Pathak (IX).

Report By—
Ahan Kayastha

Community Service Club

On 21st Aug, the students of community service club along with the teachers visited the children`s home in the slums. Children viewed and analysed the small area with large families and their daily struggle for life`s basic needs like water and

hygiene. The children took a lot back from this visit. Children realized that they are indeed blessed to have the amenities that not all are lucky enough to possess. The fact that the children in these slums had the unwavering desire to study, in

spite of their condition, was an eye-opener for the students. They appreciated the children`s desire to learn in such a compromised condition. Kudos to the community service club for organizing this thought provoking trip.





The School Alumni Association



Alumni in a meeting with the Principal

The first Alumni meet of Zydus School for Excellence was held on 24th December 2014, 6.00pm onwards at the school premises. It was presided over by Mr Prashant Sharma, President- HR & Corporate Communications, Zydus.

The office bearers selected for year 2015-16 are as follows:

Siddhartha Shering

Akhil Gupta

Manushi Desai

Karan Sapolia

Nihal Bhatt

Aashima Yuthika

Riddhi Shah

Rachit Madhukar

The objectives of this association will be to-



Alumni Office Bearers of the year 2015-16

Increase the alumni connectivity .To enhance the effectiveness of alumni in guiding the upcoming batches of students

Alumni support to current student through The Alumni Connect. Recognize Alumni achievements.

After all, what compels ex-students to return to their alma mater to contribute long after they have graduated? The Chinese saying,

“Remember the source of the water when one drinks from it”, illustrates clearly the deep sense of gratitude that invigorates them to give their time and resources. Coupled with this are fond memories of a school that have created a sense of belonging that many ex-students find hard to forget. Indeed, alumni play major roles in the development of schools.



Charming Quills

A story writing competition was hosted at Zydus School for Excellence. It was held in memory of Pranali Bhatt-former ZEN co-editor. Pranali's parents were present to encourage the participating students. The 10 best entries selected by an elite panel of judges will be published as

a book. These students will be rewarded with certificates and mementos sponsored by Pranali's parents. Students from classes 5 to 12 participated.

In an enthusiastic beginning to an event which will be held every year, Pranali's parents, Ms Dakshina Bhatt & Dr. Paresh

Bhatt visited each class and distributed sweets in her memory to the participating students in an effort to motivate the budding writers.

“We want that more and more children develop the love of writing, because that's what Pranali loved”, said Dr. Paresh Bhatt.



Learning Never Ceases

TEACHER WORKSHOPS



Workshop on **'Effective Teaching Practices'** by Ms Uma Oza on 10th July attended by 40 educators. Different activities like Strip story, Jigsaw Reading, Writing a short poem and group discussion were conducted.



Workshop on **'Circle Time'** by Mrs. Urmilla Thakkar on 11th July attended by 35 educators. Circle Time lesson plan was made by teachers. And circle time was conducted relating to different subjects and levels.



STUDENT WORKSHOPS

Several Workshops were held for students as well.

Some of the major workshops attended by Zydans were:

Workshop on Physical Changes

Classes VI & VII Girls attended the workshop on growth and physiological changes by Dr.

Shital Punjabi which covered their age-related concerns. She explained biological processes in human body.

Workshop on 'Student's Future Vision'

Classes VI & VII boys attended workshop by Dr. Rajesh Punjabi on the topic 'Future Vision'.

City Civic Fest Workshop by Mrs. Kusum Chopra for Class VIII:

Baljanaagraha – an NGO initiative: Students have filled up a pre-program survey based on some activities. They are being taught through a Text book provided by the NGO and have also performed an activity on 'I plan my City'.

Winding up... Message from the Editorial Committee

"There is no real ending. It's just the place where you stop the story." – Frank Herbert.

Greetings to all our readers! It was a pleasure to take you on this first academic voyage & also the first issue of the ZEN E-Newsletter, 2015-16. Hope you

enjoyed cruising through it. We thank all our contributors for making it exciting and look forward to your valuable feedback regarding our reports and articles.

Kindly send in the same to: zydusschool@hotmail.com under the subject head- "ZEN Feedback". Thank you.

ZEN Committee-

Ms Alka Murthy (Editor-in-chief)

Ms Jonali Patel (Educator)

Ms Sana Mansuri (Educator)

Ms Kaajoree Paul (Educator)

Heer Shah (Editor- Student Council)

Sarthak Jain (Co-editor, Student Council)