

RAZZMATAZZ

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IB Evaluation: Successful Accreditation



As you will remember, the school hosted accreditation visitors virtually from the IBO-Diploma Programme (DP) in October 2021. I am pleased to inform you that we have now received all the reports and we received the highest standard of re-accreditation.

I quote from David Jenkins, Principal of Le Bocage School, Mauritius and evaluation leader's report *"In granting the award of accreditation, the evaluating committee felt that the commendations – or strengths of the school – far outweighed any areas in which the school was deficient."*

I would like to thank you for the community's support during the accreditation process and am delighted that this school has achieved the external recognition that it deserves.

Shylaja Salwan

IBDP Coordinator and Head of International Curricula

CORE:

CAS EXPERIENCES DURING OUR HOLIDAYS

I had the most amazing time trying to go all out in a match with my senior in MMA. His name is Rishikash and he's much more powerful than I am considering he has gained experience in official matches and had won in every one of them. When I was fighting with him, I was not afraid but rather the feeling was very awesome and after 2 kicks I got to know how strong he was and how weak I was in comparison. My coach called it the "removal of fear" but it was more of him beating me to a pulp which was fine by me. I was not afraid at all. The kick on my stomach was core crushing and the reverse kick on my head was... well it made me almost unconscious. Later on he had to hold back because I was not able to handle him. Well I have to say that I enjoyed every single time of it and was really able to push through my limits and test myself.

-Kavish Jadhav, IBDP 1

I spent the entirety of my holidays in my hometown, Karnal and had plenty of time to spend with my grandparents. One thing in particular which would always touch my heart was how my grandmother would knit clothes, caps and scarfs for everyone in my family. I started sitting with her whenever she would knit and observed just how much patience and creativity is required to make even the smallest knitted craft. Since I was very inquisitive, I asked her to teach me the basic methods and techniques. The process was so soothing and gave me so much of happiness whenever I tried my hand at it. Of course I had times when I would mess up and walk up to my grandmother in total panic. But the more I practice, the more this craft intrigues me. As of now, I have learned the garter stitch and the knit stitch. And this will continue to be an essential creative skill for me, as it will not only help me take a constructive break but will also help me bring smiles on people's faces.

-Ishita Katyal, IBDP 1



**"Some of your best ideas come when you are on vacation"
- Quote by Gautam Singhania,
Indian Industrialist**



HOW WE SPENT OUR HOLIDAYS



MY TRIP TO MUMBAI

- **ARNAV DHATINGAN (IBDP 1)**

The trip was 3 days and 2 nights; We left for Bombay at 7 in the morning on Friday the 12th; we reached Colaba where we were staying; on the first day, we went to Marina drive, Juhu beach, and the Hanging Gardens where we had a blast and we returned to our rooms by 10 when we were so tired we slept. The next day, After our breakfast, we visited Ajanta Ellora caves; The ferry left at 11 from which we traveled to Ajanta Ellora which is on its own isle, We got a guide who explained the history of the place, we got back to the bay by 1 after returning we visited the India gate took some photos and went to have lunch at 2 we went and did some shopping

At the street markets and came back by 5 we had dinner in the hotel. The next day we visited the beach one last time and left Bombay at 10; I had a lot of fun and made new experiences.



MY FIRST TREK

- **DAKSHA MISHRA (IBDP 1)**

This Diwali, I went on a trip with my mom finally after 2 years of being stuck at home. We had planned this a long time ago but it got cancelled. So here we were with a plan made in a day, leaving for Uttarakhand to do a four day trek on the Dayara Bugyal range. One whole month of pushing ourselves we were finally there scared excited going through every emotion all at once. We stayed a night in Raithal and in the morning the trek began. We did this with a trekking company called Indian hikes. My Masi and cousins were with us on this trek along with a group of 20 others. The first day was a bit tough. We were exhausted by the end but the experiences on the way were worth it. We bouldered and saw a herd of sheep, some of them were way too small. The relief we felt on reaching the campsite is something I can't explain.

The rest of the days ended sooner than expected..on my first night there I remember thinking I just want to go home it's too cold. But when we reached to the guest house the moment we stepped inside all of us just wanted to go back one more night one more hour in the nature we were greedy for more we had photos and videos but the experience was something so unique and you just wanted more of that



FRENCH DIWALI ACTIVITY

BY ANVITA TELANG (IBDP 1)



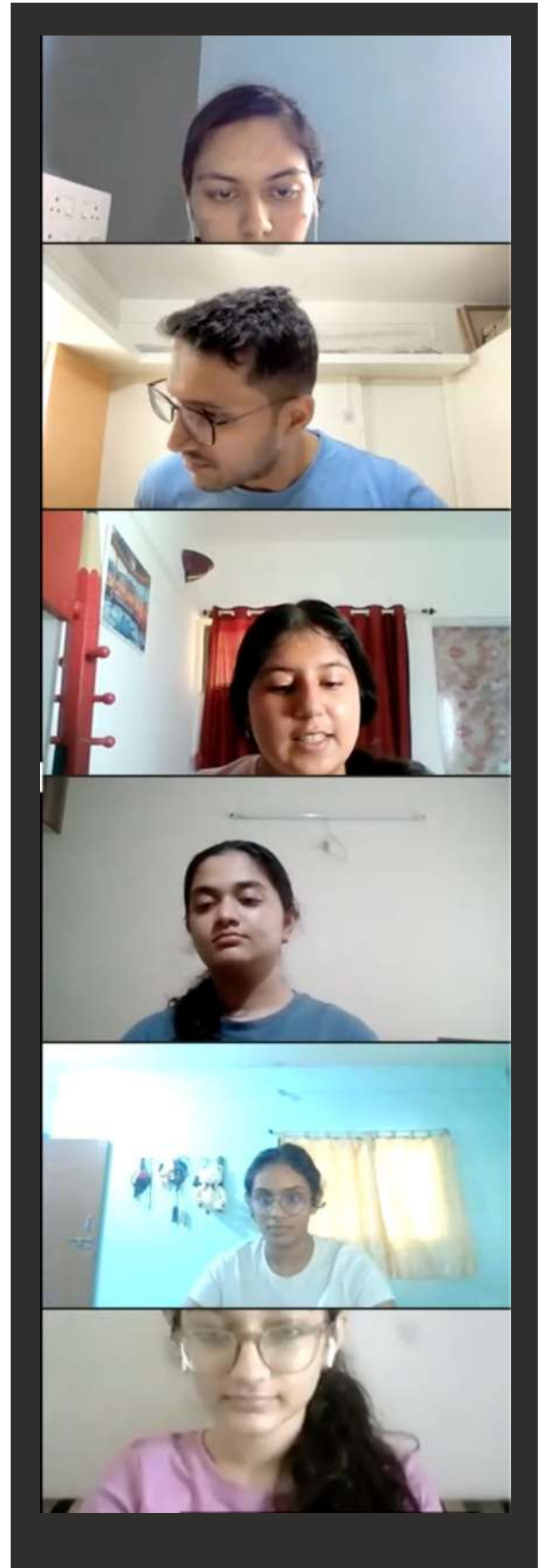
Right before the Diwali break started, the French B students were given a task to work on. What we had to do was write about everything we did in our vacations (in French, of course) and orate the same on our 1st day back. Not just this, there was a catch. Each one of us had to keep our eyes shut while speaking to test how well versed we are with the language and to make sure we are trying our best to be spontaneous and recall what we had written.

Everyone was a little nervous since it required speaking for about 2 minutes continuously in a language we are still not that fluent in. Even though it was possible to simply memorize what we had written, the real aim was to visualize our activities and think in French, rather than in English. It is not always easy to do so, as we have been conditioned to instinctively think in the language that is most comfortable to us, and then translate it to the language we are learning. But the ways of learning in IB motivate us to do the right opposite. The moment we can slowly program our minds to actively think in French (whenever we can), it will be the most helpful for us.

I was a little scared at the beginning and did not know if I could speak for that long or if I would be able to form my sentences well. But by the end of it, it actually turned out to be a fun experience and made me understand a few things: right from where I stand to how important it really is to be clear about the core concepts of the language and make sure that you believe in yourself and what you practiced/learnt.

Not only did each one of us orate our experiences, but we also had to actively listen to our peers and ask them valid questions based on what they said. It was a little difficult to understand everyone's experiences due to the varied use of grammar and vocabulary. But it helped us pay more attention and try and capture keywords out of each person's speaking time.

The questioning process was very important, making our listening skills improve along with oral skills and proving to be a total win-win situation for each student. No matter the fumbles and wrong pronunciations, there was a valuable lesson in the activity which I enjoyed experiencing and learning.



IMPORTANCE OF YOGA

BY RAGHAV SETHI (IGSCE GRADE 10)



Yoga is a mind-body exercise. Yoga comes in a variety of types, with some emphasizing posture, breathing methods, meditation, and relaxation. There are many different forms of yoga, and yoga is more than simply exercise; it also demonstrates discipline and calm. "Yoga is an ancient practice that involves physical poses, concentration and deep breathing." - Medicinal News Today.

A regular practice of yoga can promote endurance, strength, calmness, flexibility and well-being. According to a survey conducted in 2017 1 in 7 adults in the US practiced yoga in 2017

Yoga has been traced back 5000 years to India. It is believed that the Indians were the first to spread yoga throughout the world.

There are overall 6 branches to yoga:

- 1.Hatha yoga:** This is the physical and mental branch that aims to prime the body and mind.
- 2.Raja yoga:** This branch involves meditation and strict adherence to a series of disciplinary steps known as the eight limbs of yoga.
- 3.Karma yoga:** This is a path of service that aims to create a future free from negativity and selfishness.
- 4.Bhakti yoga:** This aims to establish the path of devotion, a positive way to channel emotions and cultivate acceptance and tolerance.
- 5.Jnana yoga:** This branch of yoga is about wisdom, the path of the scholar, and developing the intellect through study.
- 6.Tantra yoga:** This is the pathway of ritual, ceremony, or consummation of a relationship

Benefits of yoga

According to a survey conducted in 2012, 94% of adults who practice yoga have many physical and mental benefits. Some of the benefits include: Building muscle strength, enhancing flexibility, promoting better breathing, supporting heart health, helping with treatment for addiction, reduces stress, anxiety and depression, Improves sleep and Enhances quality of life

Sources:

<https://images.app.goo.gl/B739uz54Cm2NPnzV7>

<https://www.medicalnewstoday.com/articles/286745#benefits>

EXPLORING SAAKAR VILLAGE

BY ARNAV MUNDADA (IBDP 1)



PHOTOGRAPHY BY ARNAV MUNDADA

My mom and my dad planned this trip on Sunday Morning. We packed our bags and some snacks to eat while we travel. We all left our home at 9:00am. It took us around 3 hours to reach our destination Saakaar Eco Village. Saakaar Eco Village is situated in Sahyadri Ranges (Western Ghats). The Route was very beautiful. After we reached, the owner himself greeted us and accompanied us till the reception, where he served us some buttermilk. The place we went was based on 350 acres and it had a 30km of waterfront also and it covers around 9 valleys.

The food was being cooked on a chula for us. I found this very interesting to see it being used in today's age. The food was awesome and very tasty. It gave a different taste. After having our lunch, we went to see where they put tents near the waterfront. After we reached the place, I was amazed by its beauty. I was very excited to swim in the water. The waterfront was of the Nira-Deoghar Dam. After some time, we went boating in a canopy boat. At night after eating and freshening up we went down near our tents. There was a campfire arranged. We all enjoyed the campfire and went to sleep.

Next day morning me and my mom woke up by 6:15 am to watch the sunrise. As we sat on the Indian bench. The view was extraordinary. After watching the sun rise, I again went for swimming but this time I went in the boat far away from the shore and jumped from the boat and came back swimming to the shore. I did this twice and then just floated in the water. It was compulsory to wear a life jacket and then enter the water. I felt relaxed while I was floating in the water.

Then we came up and had our breakfast. The breakfast was very healthy. Then we were allotted a room so that we could have a bath and get ready. The room was very beautiful. I felt like we were living in a village house. After getting ready we went to watch the rainwater harvesting plant. And how they help the plants and the people. Then we went to the rice field. There I learned how to cut the rice crop, spread it and keep it for drying. Then we came back to the dining hall and ate our lunch. We made our payment and left for our home.

As we came back again we came back watching the awesome view. I enjoyed my trip a lot and I had a lot of fun, I learned a lot of things about life in that village which was so different from the one we are used to. It really helped me look beyond and expand my views.

IMPORTANT DATES AND EVENTS



End of Semester Assessments

3rd December - 10th December

Founder's Day

22nd December

Christmas Break

23rd December - 3rd January

Please do not hesitate to email, ring or talk to us to set up a time to have a chat with or without your child(ren) present

EMAIL ID: ibdpcordinator@dypispune.in

FROM THE STUDENT COUNCIL

**ANVITA TELANG, ISHITA KATYAL, DIVYA RAI, DAKSHA MISHRA,
RAGHAV SETHI, KAVISH JADHAV, ANVI BAHETI
(PRESIDENT) (VICE - PRESIDENT) (CULTURAL SECRETARY) (EDITORIAL
SECRETARY) (CLASS REPRESENTATIVES - 10TH, 11TH, 12TH)**

THANK YOU FOR READING!