



City International School

Near Bremen Chowk, Aundh, Pune - 411007.

Cambridge English
Language Assessment
Exam Preparation Centre

BRITISH
COUNCIL

International School Award
2015-2018

SPECTRUM

... BE THE CHANGE ...

"Yoga is the journey of the self, through the self, to the self."—The Bhagavad Gita

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga became popular as a system of physical exercise across the world. The Health of the body is of fundamental importance in life'. Yoga is very ancient practice which goes far and beyond improving flexibility. It offers a multitude of benefits to modern day students at almost every level in their lives.

Yoga is the scientific way of living healthy. It helps to increase the concentration. If the children of today practice Yoga, it would help them a lot in studies. Now -a-days children spend more time in playing video games, chatting on social media which reduces the eyesight. Many diseases can be cured if Yoga is practiced daily. On this Day, during Yoga session students practiced various Yoga Asanas like Vajrasana, Tadasan, Shirsasan, Padmasan, Gomukhasan, Surya Namaskar, Pranayam etc. The teachers participated in the session as well as they helped the students in the practice. The children felt energized after the session. If every citizen practices Yoga, it would make their lives much healthier.



Back to School



Poem

*We have all come back to school,
Back to school, back to school,
And our friends really cool!*

Oh, we are back to school.

*We are making some new friends,
Some new friends, some new friends,
We don't want the day to end,
We play with our new friends.*

*There are lots of new, fun things to do,
Things to do, things to do,
Lots to learn for me and you,
There are new, fun things to do.*



Shubhan Ghorpade - VB



FATHER'S DAY



***Father's Day** is a celebration honouring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. Its a day of fatherhood and male parenting. It is celebrated in the 3rd week of June. Father's day is celebrated in the early 20th century to honour fathers and forefathers. This festival is celebrated in many countries all across the world to express gratitude for fathers. It is celebrated by gifting cards, bouquets, artificial flowers, quotations, show pieces and other thoughtful gifts to their dear dad. Our students also celebrated Father's Day in the school. A drawing activity was conducted .The children along with their fathers drew picture and coloured it.*

All of them enjoyed the activity very much.



FRUIT SALAD ACTIVITY

“An apple a day keeps the doctor away”.

Fruits benefit the kids in many ways, including improved nutrition, decreased obesity risk and better school performance. Children's growing bodies require good nutrition, and fruits contain a multitude of vitamins, minerals and other healthy compounds. Citrus fruits and strawberries are rich in immune system-boosting vitamin C, bananas help in digestion, apples provide multi vitamins. Eating fruits in a rainbow of colours will provide a wide range of nutrients that help keep kids healthy. High-fibre foods, such as fruits, help the digestive system function properly. Students celebrated fruit salad activity. Each child was asked to bring 1 fruit. All the fruits were chopped and mixed by the teacher. The children came to know the names of different types of fruits.

All the children enjoyed the tasty fruit salad.



GURU PURNIMA

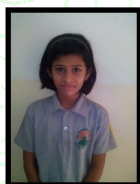


Guru Purnima is an Indian festival dedicated to spiritual and academic teachers. Gurus are believed by many to be the most necessary part of life. On this day, disciples offer puja (worship) or pay respect to their guru. In addition to religious importance, this festival has great importance for Indian academics and scholars. Indian academics celebrate this day by thanking their teachers as well as remembering past teachers and scholars. Indian academics celebrate this day by thanking their teachers. Indian people hold great respect for their gurus. The word itself holds immense importance and stature. A guru in India is a worshipped individual whose knowledge and wisdom enlighten us in the journey of life.

GAMES ...I LOVE THE MOST

Badminton

Badminton is a recreational sports. It is played using racquets to hit a shuttlecock across a net. I like to play badminton very much. In my society I along with my friends, play badminton everyday . My favourite player is Saina Nehwal who is an international level Badminton player. I would like to be a sports person when I grow up. Games are a great escape and a way to forget our problems and create enthusiasm and can release our tension. It provides us challenges and stimulation too. So everyone has to play games to be energetic-always.



Sandali Mendhalkar - IVB

My Favourite Sport

Skating is my hobby as well as my favourite sport. I like it very much. I started learning it when I was 6 years old. My father bought me a pair of skates. I practice skating everyday with my coach. Skating also helps me to be fresh and also makes me mentally and physically fit. It has also helped me to become much more active.



Kartik Chaupal – IVB

NIE WORKSHOP

The NIE workshop was held on 22nd July , 2016 . It was based on the “Swayam” satellite developed and launched by the students of COEP . Students of many schools had attended this workshop . The session started with introduction of students of COEP who were part of this project . It continued by giving the description of Swayam, its components and its working . Questions related to its working and the basic scientific concept behind it were asked. Everyone got inspired by their experience and hard work to carry out this project . This interaction acquainted students with technological advancements that are used in the space sciences . The session ended with a visit to the Fab Lab of COEP where the making of the satellite was carried out . It was a great experience to meet the team Swayam giving the students the opportunity to have a hands on experience of digital components used in communication .



Aparajita Khot – XA

SKATING CHAMP

All of us dream of becoming famous when we grow up. My dream is to become a skating champion. I joined the skating class at the age of 7. I passed the first level that is beginner's and now I am in the second level Quads.

I won many medals and certificates in the competitions organized at the city level. During summers I had a huge success in skating. I completed "7 books record" of 72 hours nonstop skating, in Belgaum, Karnataka. It was a very adventurous experience for me.

I will work hard to fulfill my dream. I want to become a fastest skater. I love the game so much that I would like to represent my country. I am proud of my dream.

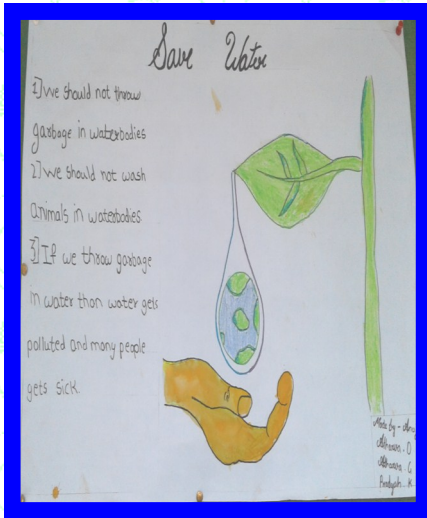


Poorva Mulimani-VB



WATER IS PRECIOUS

POSTER MAKING



STREET PLAY



VAN MAHOTSAV DIWAS

"Trees are the earth's endless effort to speak to the listening heaven."

—Rabindranath Tagore

Since the dawn of civilization , man has a close relation with nature . Trees are the most important gift of nature . They have made friendship with our life . So , they are our best friends .

They play an important role in our life and economy .Trees provide us food , shelter , medicines, wood , etc. and the most important is oxygen , without which we cannot live . They even moderate the climate and keep it balanced .They give us so much , so why shouldn't we do something to save the? That's why , every year , Van Mahotsav is celebrated in India . It is an annual tree planting festival in India .This was initiated by Dr. KM Munshi in 1950. It has gained immense national importance and every year , millions of saplings are planted all across . India in observation of the Van Mahotsav week .This has spread awareness amongst people about the harm caused by the cutting down of trees .

Our School celebrated Van Mahotsav by planting trees and saplings .Due to this the students also got to know the importance of trees .We should plant more and more to trees . Trees are part and parcel in our day to day life . We cannot think of our existence without them.



Aparajita Khot—XA



FUN WITH COIN TEXTURE

"Art is not what you see, but what you make others see."—Edgar Degas



Gursheen Sethi VIII A



Chinmayee

VIII A



Kirti bharadwaj VIII A



Renuka

VIII B



Vishakha

VIII B



Mayur

VIII B

PICTURE COLLAGE



Anushka Kasle VA



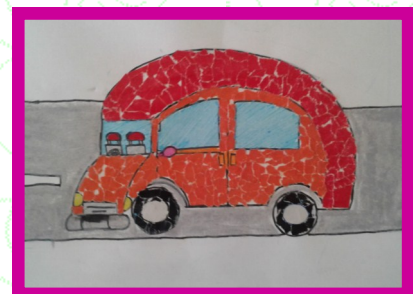
Surabhi Choudhary VA



Riya Gat VA



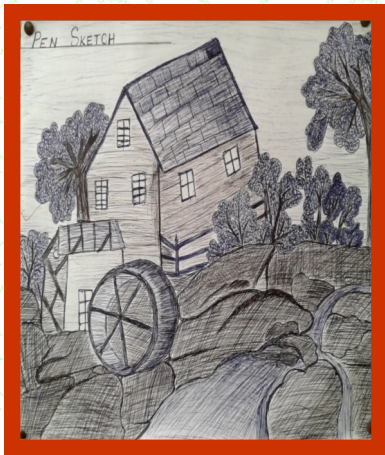
Anaya Hazare VA



Samiksha Thorat VA

SKETCHING

"Every child is an artist." — Picasso



Vaishnavi Chauhan—VIII A



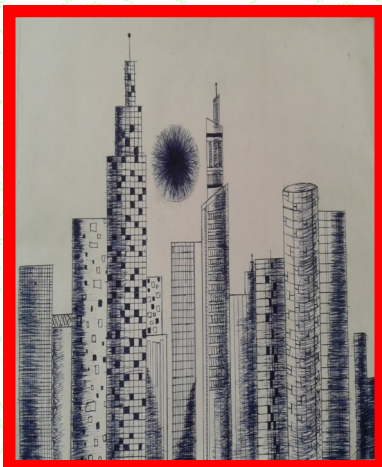
Vaishnavi Pawar— VIII A



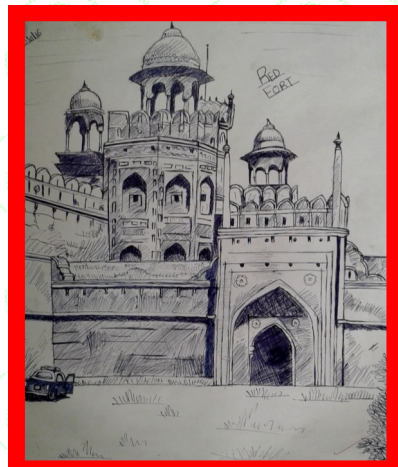
Navya Rao—VIII A



Shradha Honrao—VIII A



Harnisha Bhharatia—VIII A



Kunjai Thorat—VIII A

“पाऊस”

“पावसाची सर आता
नुकतीच बरसली
आणि आठवणींची पाऊलवाट
पुन्हा एकदा हिरवळली”

पाऊस प्रत्येकाच्या मनातलं एक गोड स्वप्न. सगळ्यांना हवहवसं वाटणारं पावसाबद्दल प्रत्येकांच्या मनात वाटणार आकर्षणही वेगळं. कुणाला तो हवाहवासा वाटतो तर कुणाला तो नकोसा असतो. मला मात्र पाऊस नेहमीच भावतो. प्रत्येक वेळी नवीन काहीतरी शिकवतो. आज अचानक शाळेत येता येता पाऊस भेटला रस्त्यावर. घातला त्याला राम राम. म्हटलं काय मित्रा कुठे चाललास आज का एवढी घाई, काय काम काढलय एवढं. तर तो म्हणाला उशीर झालाय थांबायला वेळ नाही. मी जर आत्ता पडलो नाही तर कुणाचे काही खरे नाही. मनात विचार आला थोडं थांबावं शाळेत पोहोचायला उशीर झाला तरी चालेल पावसाशी थोडसं बोलावं. मी म्हटले काय रे किती वाट बघायला लावतोस आणि आला की धो धो कोसळत रहातोस. मग सगळं काही जलमय, तिथल्या तिथं थांबुन रहातं. थांबुन थांबुन पड की रे जरा, थोडा श्वास तरी घे. तो म्हणाला, “सारं काही तुमच्यामुळेच घडतय. जंगले, खाडया, नद्या, समुद्र साऱ्यावरचं घातलाय घाव. ढगांमध्ये पाणी जमायला नाही ठेवलात वाव. आणि तुम्ही लोक सारं काही सावरून साळसुदपणाचा आणताय आव. निसर्गाचं वेळापत्रक बदलायला तुम्हीच आहात जबाबदार. पाऊस म्हटला मला झालाय उशीर अजुन बऱ्याच ठिकाणी पडायचय् चला मी येतो. तुम्हाला काही उत्तर सापडलतर कळवा मला.” उत्तरच नव्हतं माझ्याकडे उगाचच उधळली मुक्ताफळं, पापं तर केली आता. भोगा आपल्याच कर्माची फळं.

असा विचार करत निमुटपणे शाळेत आले. आणि धो धो पडणाऱ्या पावसाकडे असहाय्यपणे बघत बसले.

मित्रांनो, मैत्रिणिंनो , मोठ्यांनो, छोट्यांनो निसर्गाच्या हानीस आपणचं जबाबदार आहोत. निसर्गाच्या घडाळ्याचे काटे आपणचं मोडलेत. आज पासुन ठरवुयात एक तरी झाड लावुयात.



Kavita Wagh

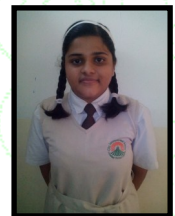
No Water, No Life

Water is one of the most precious jewel given by god. If there is magic on this planet, it is contained in water. It takes a lot of blue to stay green, so we should learn how to use it properly and save it properly and save it for the future generation. But today, we are wasting water to a large extent and ignoring its value in our life. thus, some awareness should be created among people on importance of water and its usage. That's why our school had organized a campaign on conservation of water in June.

Students of VIII had conducted a rally. Students of IX and X had performed street plays and skits in the nearby societies. This gave an idea to the people how to conserve water and how to create awareness among them and to use water properly. Even the lower class students had made some posters and performed role plays in the school itself. This was a great experience to the students and even created awareness among them and boosted their skills of creative thinking. this gave teaching that "if you conserve water, you conserve life".

Thus we should conserve water and understand that ' anything is valuable only in two situations before getting it and after losing it.

Thousands have lived without love, no one without water.



Aparajita Khot - XA



WORLD EARTH DAY



Celebrated every year on April 22, Earth Day aims to encourage people across the world to be more environmentally friendly. This might mean increasing the amount they recycle, volunteering for a local green project or installing solar panels at their home. The very first event for Earth Day, which was held in America nearly five decades ago following a devastating oil spill, is credited as the beginning of the modern environmental movement.

What is the Paris Agreement?

On April 22, at least 130 countries are set to sign the Paris Agreement on climate change.

How should I celebrate?

Here are six ways to mark Earth Day:

Grow your own food (or buy locally-grown produce)

Go paperless

Plant a tree

Stop drinking bottled water

Start carpooling (or take up cycling)

Invest in a solar-powered phone charger

In CIS Aundh , we celebrated Earth day by pledging to save natural resources and making posters .



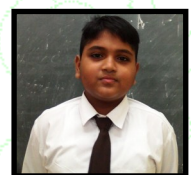
ELOCUTION COMPETITION



I would like to share my experience of an Elocution competition which has been organized in our school premises. Elocution is an art of speaking . In English language , it is of great importance and it is always held with great care. We had chosen the famous personalities who have inspired us such as APJ Abdul Kalam, Ussain Bolt, Mahatma Gandhi, Walt Disney, Sachin Tendulkar and many more. We had expressed our views with great confidence.

Judges evaluation was according to the parameters in terms of accent, pronunciation, attitude and level of confidence. It was a privilege to participate and it really added great values and gave us more confidence to move positively in our academics.

Hence by this, we got the opportunity to sharpen our skills and explore more knowledge outside the society such as politics, sacrifices of great leaders and how they overcame the challenges and travelled towards victory etc. We had wonderful time and association. It was a great inspiring competition.



Sam Jamison - VII-B

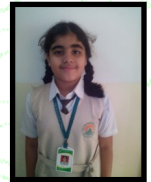
MY MEMORABLE TRIP

During this summer season I had a lot of fun. I played indoor games like chess, carom, cards, housie with my friends. I also played outdoor games like cricket, Badminton, football. We ate a lot of mangoes, ice-cream, watermelon and grapes this summer. One day it was very hot so we decided to go to the water park. I celebrated my birthday on 16th May with my family and friends. For two days we went to Panchgani and we enjoyed a lot. Indeed summer holiday is my favorite season because it is the time to relax and enjoy the vacation.



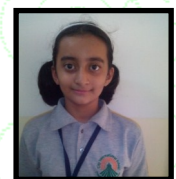
Shaunak Amin—III A

Summer holidays are always very exciting. I had been to my grandparents place in Nagpur. Nagpur was very hot but grandpa had arranged coolers and Air conditioners that gave us relief from hot sun. Early morning when the sun was a little lazy we would go out and play badminton, cricket, or any sports with grandpa and cousins. Grandma would prepare tasty dishes which were my favourite. When holidays were over we were sad but then we would wait eagerly for the next vacations.



Sarah Patrikar—III A

This was a monsoon trip that happened around 10th July 2016. We had a lot of fun. 'We' refers to a society trip. We were going to arrive at 7.00am. But we arrived at 8.00 am. We were going to visit the "Shivneri Fort" but before that we went to Auzhur. We went there for Lord Ganesha's worshipping temple. It took two hours for coming to that temple. Now we were going to go to the fort but instead we did not go there. We saw so amazing sights. First we went from a broken bridge where there was no side protection. There was a large river which was flowing very fast. There was a 'dam' nearby. We thought all the gates of the dam were opened. Then suddenly rain started and we were sleeping. The uncle waked us up to see so many waterfalls. These waterfalls were amazing. Actually these waterfalls were on the Ghats. This ghat was named as Mhalshej Ghat. There were small waterfalls that connected and created a big waterfall. We stopped at two waterfalls. The first one was nearest of us, we clicked many photographs. The second one was the most fun waterfall we also went there. There were many rocks over there. The force of water was so much that we could not stand. We went to a waterfall which was closest we sat on the rocks. All water made all of us wet. Finally now we are leaving from the Ghat and reached our home at 11.00pm. This was a worth remembering trip of monsoon.



Swanandi Helambe – 5B



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