

# LILT

ISHA HOME SCHOOL MAGAZINE 2022-23

Special  
**SAVE  
SOIL**  
Edition



*Inside this year's edition:*

## **Julley!**

Class 11 & 13 take an unforgettable trip to Ladakh

*Page 118*

## **India @ 75**

Middle school enthusiastically commemorates 75 years of India's independence

*Page 52*

## **Save Soil**

IHS joins the global movement

*Page 6*





## What's inside

A Year in Review	4
School talk	6
Junior School	26
Middle School	44
Senior School	68
Create	126
Meet & Greet	144
Play	152
Celebrate	168
Autographs	192



## Welcome

After the pandemic and two years of quarantine, we are thrilled to be finally publishing the Lilt in print. It is our privilege to present to you this edition of the yearbook.

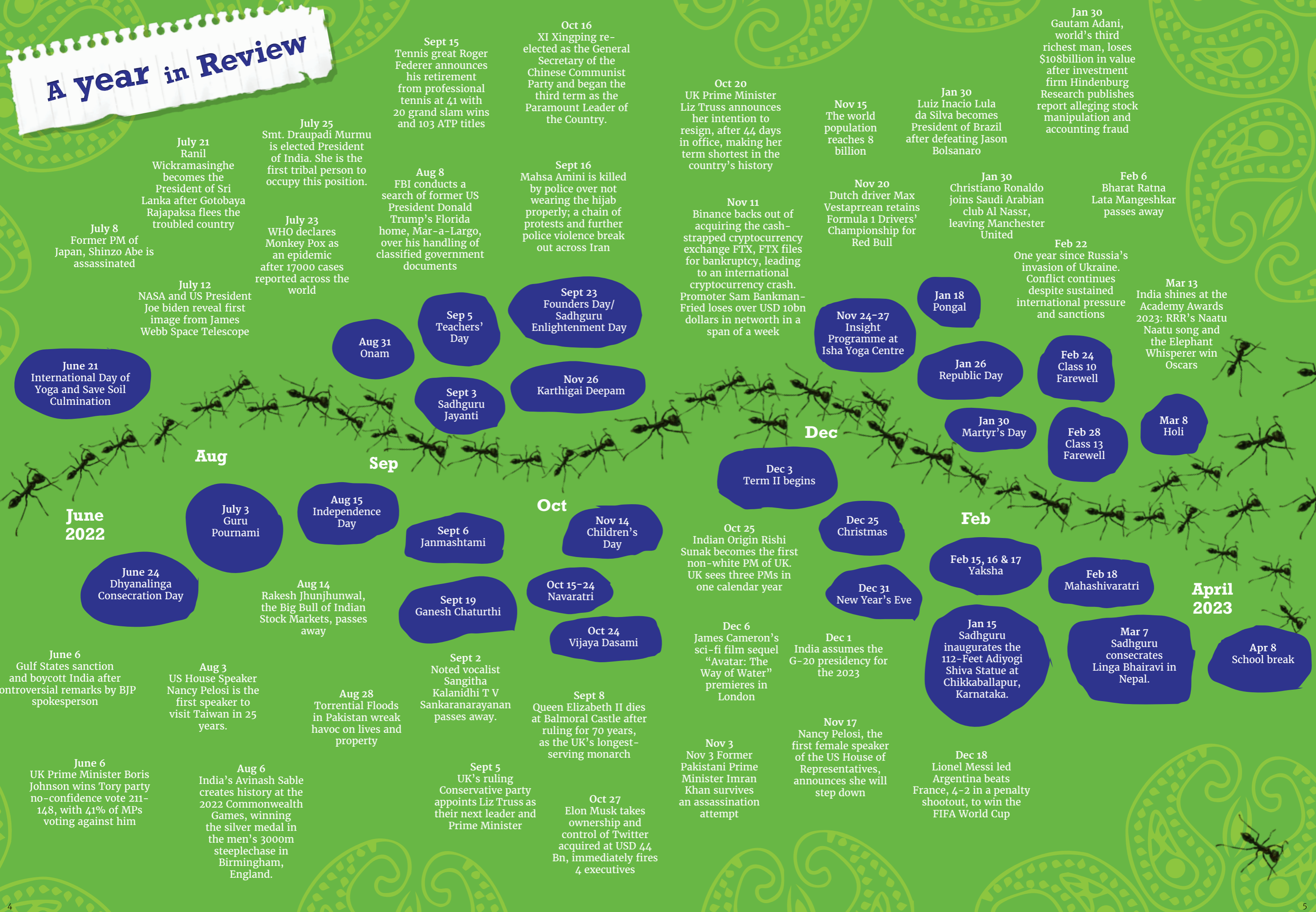
Lilt captures the wild and vibrant happenings at Isha Home School through carefully curated writings and photographs. From hilarious incidents about morning games to elegantly choreographed dances, the essence of our school is captured in this compilation.

Truly, Lilt would have not been possible this year without the joint effort of the teacher and student team of writers, editors, photographers and designers. A special thanks to Danny Brookes, our graphic designer, for spending time on campus to create an expert artistic layout of the Lilt.

– Lilt Editorial Team

*Ashwin Subramanian, Viveka R, Varsha Busani, Kashish Somani, Shatvica G, Kaashika Kaur, Samriddhi Kunwar, Srujana Sankar, Hemant Chigurupati, Anusha Ramesh, Srimayyi Sarathi*

# A year in Review



## June 2022

**June 6**  
Gulf States sanction and boycott India after controversial remarks by BJP spokesperson

**June 6**  
UK Prime Minister Boris Johnson wins Tory party no-confidence vote 211-148, with 41% of MPs voting against him

**June 21**  
International Day of Yoga and Save Soil Culmination

**June 24**  
Dhyanalinga Consecration Day

## Aug

**Aug 3**  
US House Speaker Nancy Pelosi is the first speaker to visit Taiwan in 25 years.

**July 3**  
Guru Pournami

**July 12**  
NASA and US President Joe Biden reveal first image from James Webb Space Telescope

**July 21**  
Ranil Wickramasinghe becomes the President of Sri Lanka after Gotabaya Rajapaksa flees the troubled country

**Aug 6**  
India's Avinash Sable creates history at the 2022 Commonwealth Games, winning the silver medal in the men's 3000m steeplechase in Birmingham, England.

**Aug 14**  
Rakesh Jhunjhunwal, the Big Bull of Indian Stock Markets, passes away

**Aug 28**  
Torrential Floods in Pakistan wreak havoc on lives and property

**Aug 15**  
Independence Day

## Sep

**Sept 5**  
UK's ruling Conservative party appoints Liz Truss as their next leader and Prime Minister

**Sept 2**  
Noted vocalist Sangitha Kalanidhi T V Sankaranarayanan passes away.

**Sept 19**  
Ganesh Chaturthi

**Sept 6**  
Janmashtami

**Aug 31**  
Onam

**July 23**  
WHO declares Monkey Pox as an epidemic after 17000 cases reported across the world

**July 25**  
Smt. Draupadi Murmu is elected President of India. She is the first tribal person to occupy this position.

**Aug 8**  
FBI conducts a search of former US President Donald Trump's Florida home, Mar-a-Largo, over his handling of classified government documents

**Sept 3**  
Sadhguru Jayanti

**Sep 5**  
Teachers' Day

## Oct

**Oct 27**  
Elon Musk takes ownership and control of Twitter acquired at USD 44 Bn, immediately fires 4 executives

**Sept 8**  
Queen Elizabeth II dies at Balmoral Castle after ruling for 70 years, as the UK's longest-serving monarch

**Oct 24**  
Vijaya Dasami

**Oct 15-24**  
Navaratri

**Nov 14**  
Children's Day

**Nov 26**  
Karthigai Deepam

**Sept 23**  
Founders Day/Sadhguru Enlightenment Day

**Sept 16**  
Mahsa Amini is killed by police over not wearing the hijab properly; a chain of protests and further police violence break out across Iran

**Oct 16**  
Xi Jinping re-elected as the General Secretary of the Chinese Communist Party and began the third term as the Paramount Leader of the Country.

**Nov 3**  
Nov 3 Former Pakistani Prime Minister Imran Khan survives an assassination attempt

**Dec 6**  
James Cameron's sci-fi film sequel "Avatar: The Way of Water" premieres in London

**Oct 25**  
Indian Origin Rishi Sunak becomes the first non-white PM of UK. UK sees three PMs in one calendar year

**Nov 11**  
Binance backs out of acquiring the cash-strapped cryptocurrency exchange FTX, FTX files for bankruptcy, leading to an international cryptocurrency crash. Promoter Sam Bankman-Fried loses over USD 10bn dollars in networth in a span of a week

**Oct 20**  
UK Prime Minister Liz Truss announces her intention to resign, after 44 days in office, making her term shortest in the country's history

## Dec

**Dec 18**  
Lionel Messi led Argentina beats France, 4-2 in a penalty shootout, to win the FIFA World Cup

**Jan 15**  
Sadhguru inaugurates the 112-Foot Adiyogi Shiva Statue at Chikkaballapur, Karnataka.

**Feb 15, 16 & 17**  
Yaksha

**Jan 30**  
Martyr's Day

**Jan 26**  
Republic Day

**Jan 18**  
Pongal

**Jan 30**  
Christiano Ronaldo joins Saudi Arabian club Al Nassr, leaving Manchester United

**Jan 30**  
Luiz Inacio Lula da Silva becomes President of Brazil after defeating Jason Bolsanaro

**Jan 30**  
Gautam Adani, world's third richest man, loses \$108 billion in value after investment firm Hindenburg Research publishes report alleging stock manipulation and accounting fraud

## Feb

**Mar 7**  
Sadhguru consecrates Linga Bhairavi in Nepal.

**Feb 18**  
Mahashivaratri

**Feb 28**  
Class 13 Farewell

**Feb 24**  
Class 10 Farewell

**Feb 22**  
One year since Russia's invasion of Ukraine. Conflict continues despite sustained international pressure and sanctions

**Feb 6**  
Bharat Ratna Lata Mangeshkar passes away

## April 2023

**Apr 8**  
School break

**Mar 13**  
India shines at the Academy Awards 2023: RRR's Naatu Naatu song and the Elephant Whisperer win Oscars





## Save the Soil to Save the Environment

Ensuring that our soil is rich and fertile is key to avoiding an ecological disaster. Sadhguru explains the importance of soil revitalization and shares five methods we can use to save the soil.

### Why Do We Need to Save the Soil?

**Sadhguru:** Eighty-seven percent of life forms on this planet – microbes, worms, insects, birds, animals, human beings, plants, trees and every other vegetation on the planet is sustained by an average of thirty-nine inches of topsoil. And that is in grave danger right now. In the last forty years, forty percent of the world's topsoil has been lost. The United Nations says we have soil left only for approximately eighty to hundred harvests, which means another forty-five to sixty years of agriculture. After that, we will not have the soil to produce food. You

can imagine the suffering that we will unfold in the world. Two-thirds of India's soil has almost become a desert. That means nothing can be cultivated there. So, protecting the soil for the future generations of this land is the most important thing.

### How Can Soil Revitalization Help the Environment?

I was speaking at one of the UN agencies in Germany, and they asked me, "What are the three things we need to do to prevent an ecological disaster?" I said, "The three things are, 'Soil, Soil, and Soil.'" This is something that

is not being looked at because it is fashionable in the cities to talk about air pollution. I am not saying it is not a concern, but if you take the necessary actions to fix the soil, that action will take care of water also. Air pollution can be fixed in a short time if we are willing to sacrifice our economic exuberance a little. But if you want to fix the soil that you have destroyed, it will take 15-25 years if you go at it aggressively. If you do it without much interest, it will take 40-50 years before you can get the soil to a certain level.

If the soil is in a bad condition for that long that means two to three generations will go through terrible states of life.

### 5 Methods of Soil Revitalization

#### #1 Organic Content Builds Healthy Soil

In India, people have been tilling the same land for thousands of generations. But in the last generation, the soil quality has become so poor that it is on the verge of becoming a desert. If you want to preserve the soil, it means organic content has to go into it. But our trees have all been cut and millions of animals are being exported from the country. These are not animals, this is our topsoil going to some other country. When this happens, how will you replenish the soil?

If there are no leaves or animal waste, you cannot put back anything. This is simple wisdom that every farming family knew. They knew how many animals and trees you must have on a certain amount of land.

There is a national aspiration in India which has already been set by the old Planning Commission that thirty-three percent of India should be under shade, because if you want to preserve the soil, that is the only way. And I am trying to push for a law that if you own one hectare of land, you must compulsorily have a minimum of five bovine animals on the land. There is one fantastic thing about this land for which we have scientific data but no scientific reasoning yet. If you go to a place in this country where the soil is good and take one cubic meter of this soil, it is said that there are approximately 10,000 species of life in that one cubic meter. This is the highest concentration of life found anywhere on this planet. We do not know why. So, this soil just needs a little support. If you give it that little support, it will bounce back quickly. But as a generation of people, do we have the necessary brains to give that little support or will we just sit around and watch it die?

You cannot keep soil rich with fertilizer and a tractor. You need animals on the land. Right from ancient times, when we grew crops, we only took the crop and the rest of the plant and animal waste always went back into the soil. We seem to have lost that wisdom.

#### #2 Tree-based Agriculture or Agroforestry

The term "forest produce" must go out of our vocabulary. There is no such thing as forest produce because there is not enough forest on this planet to harness it as

produce. That is an era which has gone by. You cannot talk about forest produce in the future.

We cannot create a new rainforest because that takes millennia of work. But we can definitely create tree cover, and tree cover cannot happen unless we move into tree-based agriculture. And because a large part of the land is held by farmers, unless we make it lucrative for them to grow trees, trees will not happen.

After years of work, the United Nations is clearly recognizing today that a massive part of the solution is tree-based agriculture. That is what we have been pushing for 22 years now. And we have over 168,000 farmers doing tree-based agriculture to prove that it has worked on both ecological and economic levels.



#### #3 Reduce Meat Consumption

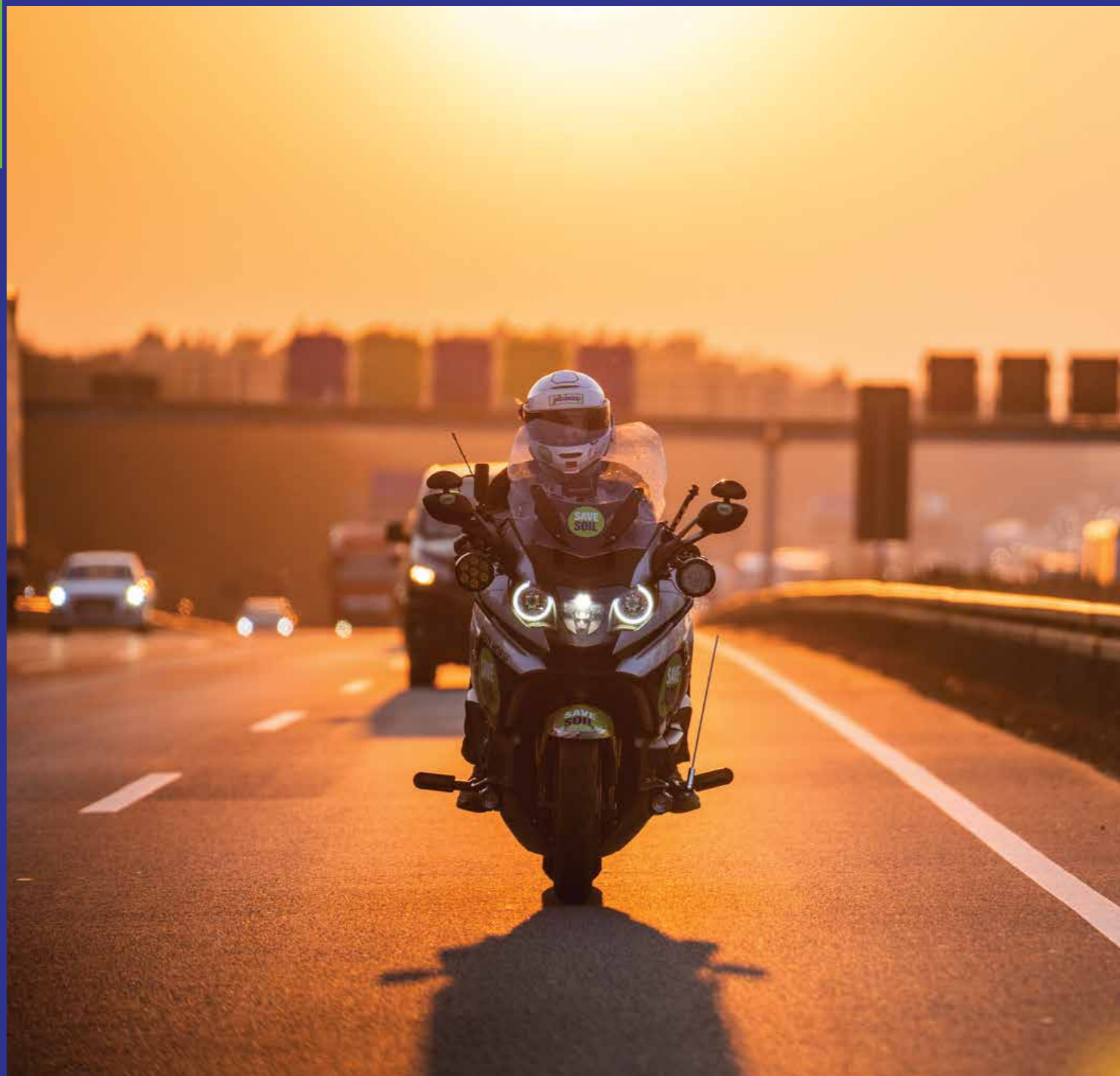
Nearly 77% of the land, about 40 million square kilometers, that is used for agriculture in the world is used to raise animals and their food. Compared to various other available solutions, meat consumption is one of the simplest things that you can reverse. If you reduce your meat consumption by 50%, 20 million square kilometers of land on this planet will become available for tree-based agriculture. If you raise those many trees, you can produce all the things that you are getting from the forest on agricultural land. Farmers will become rich and you will also enrich the soil. In this context, you do not have to give up meat – just eat 50% less. All the doctors are telling you to do it. This is not even

an ecological solution, this is a health solution for your life.

#### #4 Fruit Diet – Healthy for You and the Planet

Suppose someone is sick in the hospital, of course you will not take a steak or a biryani for them. You take fruits. The message is clear, "Eat sensibly, at least now!" But the person who takes it does not get it! When travelers like Hiuen Tsang and Megasthenes came to India,





they observed that the Indians have a disproportionately large part of fruit in their diet and they said, "That could be the reason why they are so intellectually sharp." We are becoming dumb because we are not conscious of the food we consume.

If what you eat has over 75% water content, your health will get managed very easily. If you eat a raw vegetable, the water content is somewhere over 70%. If you eat a fruit, it is generally over 90% water. So that is the best diet. At least 30-40% of our diet should come from the trees, not from 4-month cycle of crops. That means all of us

should eat a little more fruit. Right now, fruit is expensive because we are getting fruit from New Zealand, Australia or Thailand. If you grow local tropical fruits here, they are not very expensive.

### #5 Building a Conscious Planet

If any other species had perpetrated the kind of damage that we have to the planet, we would have found a way to deal with them. If billions of Martian locusts landed here and began to cut through all our trees, turned our soil into deserts, and sucked the water out of our rivers – we

would have definitely exterminated them. But the problem is not alien locusts. The problem is us.

Since we are the source of the problem, we can also be the source of the solution. We are a problem only because we are in an unconscious, compulsive mode of action. If we were conscious, we would naturally be a solution. This is why I have been working with United Nations agencies and other forces, and proposing this idea of a "Conscious Planet" movement.

There are 5.2 billion people living in countries with the ability to vote

and elect their nation's leadership. We are looking at how to get at least three billion people on board so that ecological issues become the issues that elect governments. We want to make these three billion people aware of at least five ecological aspects that must happen in their country, and two or three aspects that must not happen. If we do this, then ecology will become if not number one, at least the number two issue in election manifestos.

As a part of the Conscious Planet movement, I am trying to bring focus to the most important aspect

of rejuvenating this planet: the soil. Everything you see as life on this planet – including worms, insects, birds, animals, plant life, and ourselves – happens out of just thirty-nine inches of soil profile. The real damage is happening to this topsoil, which sustains every life that we know. If we can ensure the soil is organically rich and healthy, the planet will be capable of regenerating itself, and we will be able to manage the other problems, to a large extent.

Right now, over 95% of the global population have absolutely no awareness of the ecological

disaster building up around them. Ecological awareness is confined only to a small segment of people, and even among them, the idea of ecology is largely limited to using less water while showering or turning off the tap when brushing teeth. It is wonderful that people are conscious about what they are using, but this is not a comprehensive ecological solution. Only when ecology becomes an election issue, will it become government policy, and only then will there be large budgets allocated so that solutions manifest.





# An Intro to Save Soil

By Ashwin Subramanian

From the flag off on 21st March to the culmination on International Yoga Day on 21st June 2022, the students, teachers and parents keenly followed Sadhguru on his arduous journey, doing whatever little was possible from the school's end to contribute to the #SaveSoil movement. These were reflected in an assortment of posts published on social media platforms such as Facebook, Twitter, and Instagram. The content ranged from soil inspired artwork and poetry, dance reels and even original music videos!



## Guest Interactions



5-Mar: Students had a jam session with Trinidadian soca singers Machel Montano and Marge Blackman, who had committed to using their voices and platforms to support global Save Soil initiatives, especially in the Caribbean.



25-Feb: Students attended an interactive session between Sadhguru and the famed Mohan Sisters - Neeti Mohan, Shakti Mohan and Mukti Mohan.

25-Feb: Students sat in on interactions with Sadhguru and YouTubers Prajakta Kolli, (@mostlysane) and Ranveer Allahbadia (@beerbiceps)



20-Jun: Post-10 EVS students had an interaction session with Ms. Grace Moore, the executive producer of the acclaimed film 'Kiss the Ground' that focuses on the regenerative agriculture movement





# School-wide Initiatives



Students visited the Thondamuthur farm “Amuthu Angadi” and Semmedu Farm to learn about and experience first-hand the benefits of natural farming



On the occasion of Earth Day, IHS released ‘Naan Kaathuvaakula – An Ode to Soil’, an original composition by the students and teachers of IHS. A special note of thanks to our piano teacher, Ritesh Anna, for his contribution.



Just as Sadhguru was about to embark on the Indian leg of his journey, IHS released ‘Illa Da – A call from little Earth Buddies,’ an original composition and call to action for our elected leaders to stand up and #SaveSoil



Students from across the school participated in public awareness campaigns about the Save Soil movement at the Adi Yogi premises.



Several of our dance enthusiasts from across the school put together a number of dance reels. Featured songs included “Touch the Ground” by Machel Montano, “Apni Maati” by Shreya Ghoshal, “Enjoy Enjaami” by Dhee ft. Arivu, “Kondaadu Kondaadu” and “Dharti Ma” by Mahesh Kale



Students conceptualised and produced a series of creative reels that included body art, comedic sketches, time lapse creations and whatever else they could think of that could relate back to Soil.

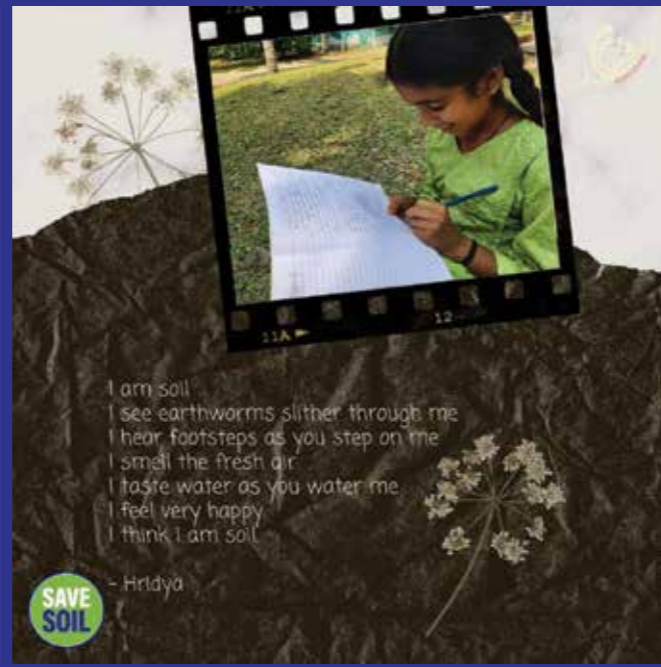




# Junior School



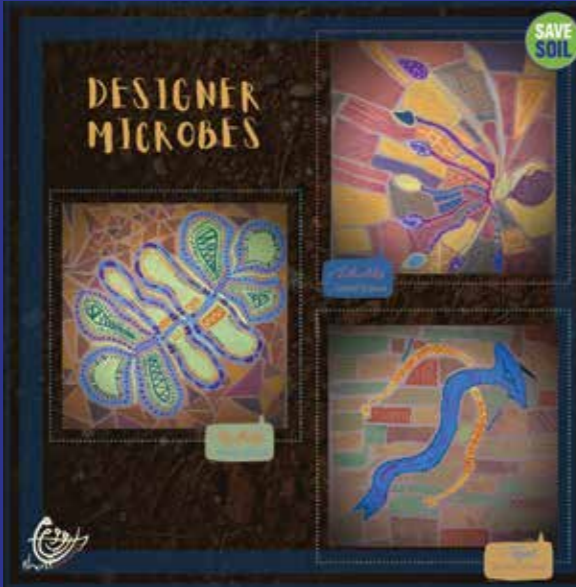
Juniors engaged in hands-on soil activities and wrote poems from the Soil's perspective titled "I am Soil"



- Hridya



In art, Juniors created word art as well as 'designer microbes' as a tribute to the invisible warriors that inhabit and nourish our soil.



Junior Schoolers presented a skit in Hindi that focused on the need to revitalize our soil.



# Middle School



S.O.S.! Save Our Soils! Middle school 'politicians' canvassed for soil health in their respective 'constituencies'.



The soil is the foundation  
It's why we're alive.  
In it many worms,  
Insects and creatures thrive.  
It's the source of our food,  
Without which we wouldn't be alive.  
It's the basis of all life,  
Without which we wouldn't thrive.  
Now, the soil is starving,  
Soon, we will too.  
Take the action now,  
Before there's nothing we can do.



- Aahan Poddar, Grade 7



Flock26, a Conference of the Parties of our earth's diverse avian species. Middle Schoolers selected and drew a bird of their choice and gave voice to the same to discuss the need to save soil to protect biodiversity.



I was rich and wealthy  
The greenery kept me healthy  
I was living on planet Earth  
Now they treat me like dirt  
I am dying of thirst  
You should tend to me first  
I am deserted and forgotten  
My core has rotten  
I have become a forbidden place  
This is a serious case.



- Amirtha Varshini, Grade 7

Middle schoolers prepared face masks and embroidered them keeping the #SaveSoil theme in mind.



Middle Schoolers did a poetry unit titled 'Songs of Soil' around the theme of soil and each child was asked to both illustrate and give voice to the source that sustains them.



# Senior School



Senior school students participate in a 5K marathon in the city to raise awareness about the #SaveSoil movement on the occasion of World Environment Day.



Class 8 students participated in a permaculture workshop facilitated by sustainability advocate Anu Sirauthia.



Only 60 years of PIZZA left.



#SaveSoil



Senior School Art students did a watercolour unit on 'What's not Soil?', a folk art unit with soil as the theme in Gond, Warli and Madhubani styles, and came up with creatives for the Save Soil campaign.



## My Save Soil Experience

By Choekyi Tseten Tonyot

After learning about Sadhguru's initiative to regenerate our dying soil, I realised how oblivious people were to this issue. I understood how important it was to spread this movement all over the world, and I thought I should start with my hometown. In Sikkim, I went to multiple schools and spoke to students of all ages about the soil crisis and the solutions proposed by Sadhguru. Other than schools, I visited a rehabilitation centre that often takes up environmental initiatives. I also interacted with Buddhist Monks, sports enthusiasts, and explained the movement at a social event at a traveller's café.

Little did I know when I first started that I would receive such overwhelming support from everyone at home. It was an enriching experience to have played my part in bringing awareness about the Save Soil Movement to those I could reach out to.

## Behind the Scenes of Save Soil

By Ritvika Sarathi

During my summer vacation after 12th grade, I had the privilege to volunteer with the team that accompanied Sadhguru for the Save Soil Movement in India. Throughout those two weeks, I observed what happens 'behind the scenes', something that was not portrayed online. There were times during the journey when the agenda would suddenly change due to unforeseen situations, and everyone's willingness to adapt was incredible. I worked with the logistical team and the accounting team volunteers. I was so moved by their commitment and determination to make this journey possible. However, the main motivation for all of us was seeing Sadhguru ride just under 300 km every day on his motorbike and attend public events right after. This inspired me to contribute even more to the movement.







# Letters to the Prime Minister

Just before Sadhguru embarked on his journey, he met the IHS students. He asked whether we would be able to mobilise the youth of the nation to make a long term commitment toward soil revitalisation policies. We decided to reach out to school students across the nation to write to Prime Minister Modi and express this dire need. Our target was to get 10 million students to write letters. We partnered with other volunteers, and worked toward this ambitious target. By the time Sadhguru reached Delhi, our letters had reached, and were presented to the PM who assured us that our voices had been heard!



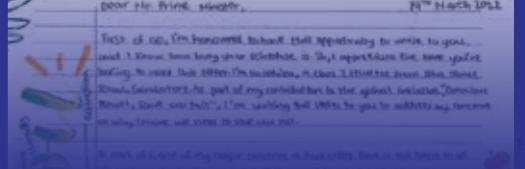
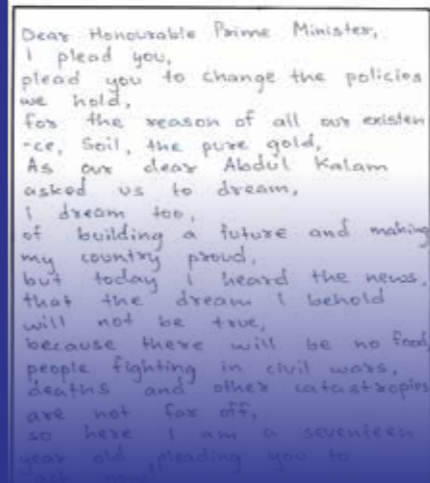
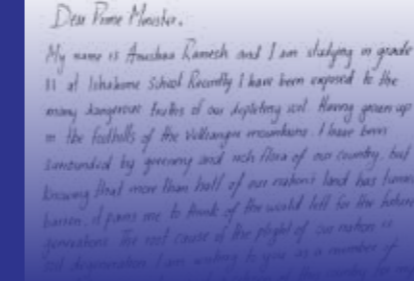
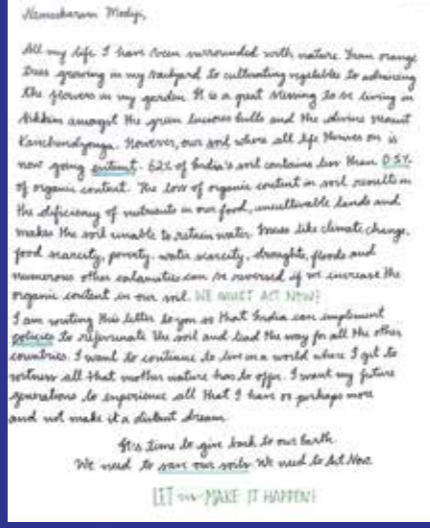
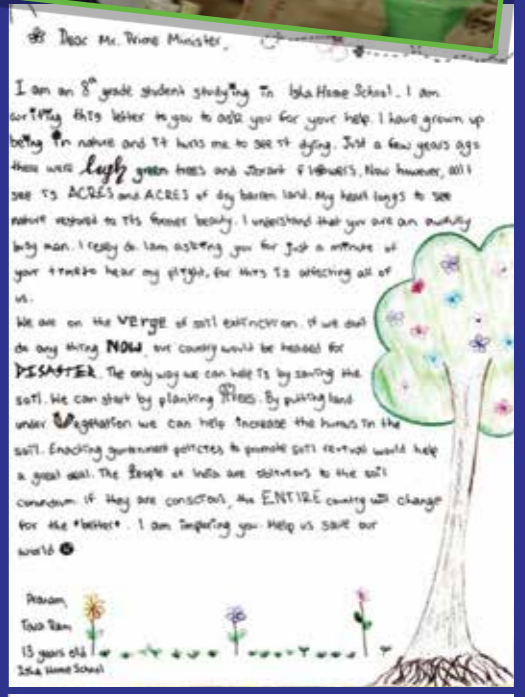
## School and Community Outreach

Several students chose to be a part of the school outreach team and either conducted awareness sessions online or in person regarding the state of our soils and the need for concerted action.

During their summer break, they visited schools, colleges and universities, and other platforms in their respective communities, which included pan India as well as several countries abroad.

In the run up to the Save Soil journey in the Middle East, students made online presentations to 32 schools in UAE, 8 schools in Bahrain, as well as another 10 schools across Oman, Jordan, Saudi Arabia and Kuwait.

Students also reached out to elected officials and other influencers to spread the word about the movement.





Class 8 feature

## Letter to the Author

By Kodukula Avishka Rao

As part of their novel study of "No Ticket Will Travel" by Subuhi Jiwani, Class 8 English students were asked to write a letter to the author sharing their thoughts on the book and ask what they were most curious about.

25th February, 2023

Dear Ms. Subuhi Jiwani,

I really enjoyed reading your chapter book, No Ticket Will Travel and how you portrayed the struggles of migrant workers in such an intriguing manner. Reading your book made me realise how little I understand about the plight of their lives. While we are living quite well in exclusive apartment buildings and gated communities and studying in prestigious schools, they have to work so hard just to send their children to school to have a basic education.

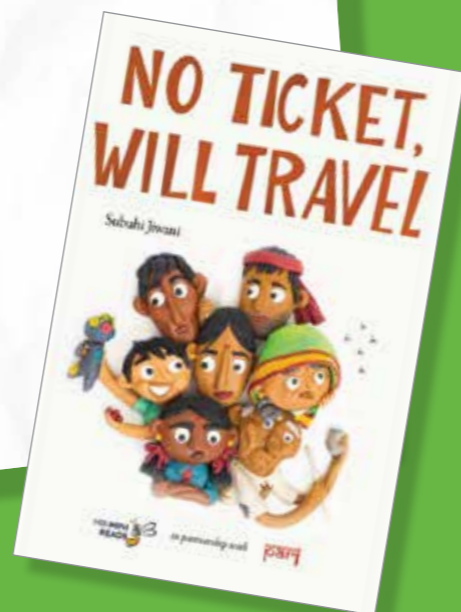
It was Aruna's story that made me realise how much parents have to sacrifice and compromise for their children. That's why she's my favourite character. Her story also emphasises how even the smallest savings can go a long way.

I found it interesting how in some of the chapters there were repetition of names. Did you do that on purpose? Is there any cultural significance? I am assuming that during your research, you may have had the chance to interview many migrant workers, and, subsequently, write stories based on their lives. How was your experience? How did they feel about sharing their stories?

I would love to hear from you and hope you consider writing me back when time permits.

Yours Faithfully,

Kodukula Avishka Rao  
13 years old  
Isha Home School



Class 9 feature

## My Musical Journey

By Tai Bhatia

My mother told me that even when I was born, listening to my first cry, the doctor who delivered me said that I might grow up to be a musician someday. One of the earliest photos I have is of me trying to imitate a singer that used to come on TV. Initially, it was all just a joke until my sister's Hindustani classical teacher heard me singing the song I slept to every night. He told me that he didn't teach kids below the age of 10, but would make an exception for me, though I was a mere six year old! That's when it all started.

I gave my first stage performance alongside the great singer Usha Uthup at the Radisson Hotel in Hyderabad where I sang my then favourite song, "Bulleya". Later, at the age of 9, wanting an instrument to accompany my vocals, I learnt how to play the guitar. It was love at first sight. I just loved the way it sounded. I went on to complete four levels of guitar training from the Trinity School of Music, London. This also brought Chris Sir, my first guitar teacher, into my life. I always looked forward to his lessons every Sunday morning. Practising everyday required discipline and

perseverance, but more than that, if I didn't practise on a particular day, I felt like I was missing something.

With my confidence growing, I started getting some more opportunities to perform in public and to compete in reality shows. I started a YouTube channel of my own and uploaded a few songs. Slowly, I realised that I wanted to take my music a bit more seriously, but wasn't really sure about how to go about it. Then, I got admission at IHS, the one place I knew could explore my talent to its fullest. Sure enough, I started getting multiple opportunities to perform on stage, and a lot more time for practice. Training at IHS opened and enhanced my voice a hundred fold. My guitar playing improved drastically.

One day, I thought of composing my own song instead of performing songs made by others. So, sitting under a tree, inspired by the sounds of nature around me, I wrote my first song, "Ajnabi" and published it across all music platforms around the world. It's a love song, with an element of mystery to it, about an

unknown entity that has somehow totally changed a person's life. I truly believe I could achieve this dream because of the support I got from everyone here at school. Being at IHS has made me realise that not everyone has to become an engineer or a doctor or a lawyer, and that I can follow my passion without inhibition.

The first thing that comes to my mind when I think of why I am passionate about music is that music is relaxing; it takes me into a whole new world free of worry, assignments or deadlines to be met! Music is fun, complicated, at times, but meaningful and motivating. It can easily stir up so many emotions and can bring about change in society. So, at this stage, I have really started taking music seriously, and plan on turning music from my hobby into my professional pursuit. In fact, my dream is to perform alongside some wonderful artists during Mahashivratri, in front of Adiyogi, and in the presence of our beloved and revered Sadhguru.





Class 10 feature

## For Layla

By Srimayyi

It was cold, the no-sensation-in-the-body kind of cold. As I wiped away the snow that had settled on my eyelashes, I glanced at my friend, Layla. We smiled at each other, ready to finally conquer the Khumbu Icefall towering over us. We trudged in the snow, moving steadily as the morning sun welcomed our wind burned faces. Then, I heard a deadly sound. I whipped around and saw a colossal crack beneath Layla's shoe. I took two steps towards her, but it was too late. Layla's scream echoed as she fell and the avalanche consumed us.

"AHHHHHHHHHHH!"

"Nila, wake up!"

There I was, inside the tent and as I took deep breaths, small white clouds formed. Alisha looked at me with every inch of concern on her face.

"Are you okay? Why were you screaming like that?"

"It was the same nightmare," I replied, but it wasn't a nightmare. I was reliving the worst moment of my life. Two years ago, on a trek to reach the top of the world, I lost my best friend, forever.

And here I was, risking it all again.

As I squirmed out of my sleeping bag, the ice cold air pierced my face. It was 3:00 am, and I was in no mood to leave the Base Camp, but we had to begin before dawn.

It would take around six hours to reach Camp 1. Dazed, I peered out of the tent and saw the sherpas packing up.

"Let's go then," Alisha said.

I gazed at the monstrous Khumbu Icefall. My spine tingled as I walked to the dining tent and sat down for tea. Tea....

My mind raced back to the past.

"Have some tea, Nila." Mom choked, her face streamed with joyous tears.

"I knew you were a fighter, and you'd wake up."

"I've been in a coma for a year?" I said, gazing absentmindedly into the depths of my cup.

"11 months and 12 days to be exact."

"And, what about Layla. How is she?"

Mom sobbed, stroking my forehead. I stared into her round brown eyes and sensed despair.

"MOM! TELL ME NOW."

"Well, after the avalanche, the rescue team managed to find you unconscious. But by the time they found Layla....," Mom stammered, the little happiness vanishing from her face.

"No. You're lying. She can't be gone; she can't be—" but I couldn't utter another word. As a river of

tears gushed out of my eyes, Mom hugged me tight.

"I'm going back there. I'm going to conquer it, for Layla," I said with such assertiveness that Mom knew she wouldn't be able to do anything to stop me.

"Come on Nila, we have to be ready by 4:00 am," Sherpa Subhash said, snapping me out of my memory.

I looked away from my tea and checked the time: twenty minutes to four. After going to the tent and getting my backpack, I joined the boisterous group.

Subhash's voice rang through the crowd.

"Alright everyone! Start heading up one by one. This is one of the most perilous parts of the climb, so be careful and watch out for the crevasses."

"You ready, Nila?" he said, turning to me.

"I don't think I ever will be," I replied, tears welling up in my eyes. "For Layla."

"For Layla," he repeated, and reassuringly squeezed my shoulder.

One by one, like a trail of ants, we started the climb to Camp 1. Each step used up a tremendous amount of energy, and I gasped for breath as if my life depended on it. A few hours later, we encountered a 40 metre deep crevasse. As I took a step on the ladder, my heart

stopped beating for a moment. I tilted my head downwards, and it looked like eternal doom. Maybe it would be nice to fall, I thought. Maybe I'd meet Layla on the other side. But before I could put my thoughts into action, I heard Subhash's booming voice.

"Come on Nila, we haven't got all day!"

He then whispered to another sherpa, "Keep an eye on her. She's getting symptoms of acute mountain sickness."

With all the courage I could muster, I crossed the ladder.

Time ticked away and before I knew it, the sun had risen, blinding me. Suddenly, I spotted a man curled up in the snow. Just a minute ago, he had been striding up the mountain.

"It's better to look ahead, than look down on this mountain," Alisha mumbled while passing.

"No. It's better to look down, to remind yourself of what you can do," I whispered to myself and picturing Layla's warm smile in my head, I hiked on. But my courage began to fade each time I climbed up a huge serac; my fear of avalanches made me overthink. The journey to Camp 1 seemed everlasting, and at one point, I lost all my perseverance and stopped.

"What am I struggling for?" I asked myself. Then, I recalled the last thing Dad said to me.

"Don't give up when you have the energy to carry on."

"For Layla," I said with resolve, and for the rest of the trek, not once did I stop.

At around 10 am, I set my eyes on Camp 1 for the first time. That night everyone was in good spirits. The next day, we would be climbing down to base camp again and the acclimatization process would

start. As I thought of all of this, I closed my eyes and dreamt of Layla and me.

1 month and 14 days later...

It is cold. An amazing no-sensation-in-the-body kind of cold. My body aches, each and every bone shivering. I can barely breathe but I can't stop myself from shouting,

"We did it, Layla! We did it! We're on top of the world!"

I kneel down and push a small flag into the snow. I read it out loud,

"I trekked this mountain, for Layla."



## Class 11 poetry

These pieces are the musings of a budding poet

### The Festival of Lights!

By Adith

Diwali it is!

As the dazzling gleam mocks the ignorant darkness,

As the sacred splendour of the divine light emboldens the flower of clarity to blossom,

May this festival enlighten our spirits

And wreck the darkness within

### Sindhu

By Adith

As you flow into the bewildering valleys,

As you invigorate your children

With a spirit unworried,

You bring with you

The torrents of life and exuberance;

The basis of existence

Not until thy yonder death

But of Humanity's



Class 12 Feature Article

## “Narrate the Last Sporting Event You Took Part in or Followed”

By Aadya Singh

I like to call the last sporting event I participated in ‘Oh god, here we go again’, but it is officially known as Morning Games. Yesterday, like all the other days, I got ready for 6:30 games at 6:35 am. I emerged from the front door at 6:45 after foraging for socks that did not smell like a 300-year old European artefact. I donned a strategically planned outfit: a dull grey t-shirt and black pants to blend in with the crowd for when I tried skipping a lap or two. Disappointed, the P.E. teacher looked at me and yelled, “Nine laps! Go!” And with that, my friends watched my quota of happiness for the day flush down the drain.

Chanting words of motivation was futile. By the fourth lap, I tried to distract myself from the monotony and the fact that it was

so cold I could not feel my nose. Peacocks. The clouds. The hills. Seven laps in, every intricate detail of my surroundings was etched into my brain. Then came the last two when intrusive thoughts of euthanasia seeped into my mind; a clear picture of me lying in a sad tiny hospital with at least 40 drips to recover what life force I had lost in this process. By the ninth lap, I shut my eyes and saw the light that everyone talks about.

Each morning is a sporting event akin to medieval torture tactics. My lungs are suffocated like I am drowning, my head throbs from the instant dehydration, my legs are painfully on fire, and of course, the sporadic yelling of “Aadya, I can see you are not running; you are just moving your hands, Kanna”.

Aside from the rare good days when I do manage to make it on time and decide life is worth living, are days when I sleep in. On those mornings, I sleep more peacefully than usual because I know there are ten others out there just like me. Slogging. I am still trying to come to terms with running purposelessly around a chunk of dry land. I will get there. But, until then, I can be an entertaining subject for a speech titled, “Narrate the last sporting event you took part in or followed”.



## Living Through Covid *By Shravya Iyer*

When news of COVID-19 broke out, CISCE decided to cancel our last few board exams, and in a span of five days, all my friends left school, many of whom I would never see again. The school was unusually quiet, with only a handful of students and teachers, Radhini Kumar, Shiv Shakthivel and I roaming around (our parents are teachers in the school and full time ashram residents). For the few students who stayed back until situations allowed them to travel home, the school arranged for workshops and other means to keep us occupied. This included kung fu, contemporary dance and retro music.

Masks and social distancing became the norm. Meals were served at Adiyogi Aalayam, and daily temperature and COVID checks took place, after which we would receive a compulsory wristband. This allowed us access to areas around the ashram, event venues and even dining. The department store had a few default snack items such as Shobha soya sticks (which won my heart) and an abundance of two vegetables:

capsicum and potato. The highlight of the lockdown, for many, were the daily darshans with Sadhguru in Spanda Hall.

For about one and a half years, we had online classes. Trying to get to know new classmates, many of whom had ‘technical difficulties’ in every class, was challenging. At times, there were lapses. Some students’ cameras would turn on occasionally, revealing their forehead or their cat. When not trying to find ways to bunk online classes, we willingly watched movies together through Streamer and played ‘Among Us’ (a multiplayer social deduction game), during which miraculously, there were no ‘technical difficulties.’

I personally enjoyed the COVID time immensely as I had the freedom to roam around the ashram, do yoga at random spots, and focus on my fitness and weight loss. I took this time to practice music for four hours a day, and watched quite a few web series. I became a completely different person both physically and mentally, and many of my friends

were shocked to see the change when they came back to school. We resumed in person classes in the second term of 2021-22, and post-10 students reported back in time for Diwali, which usually falls during school breaks.

Once my friends arrived and classes resumed, we had a completely different schedule. We ate brunch along with the ashram at 10:15 and dinner at 7:15 at Biksha Hall. We would have a heavy snack at around three, and had housetime for the rest of the day. A lot of teachers were not on campus during the pandemic, and table dining (which we loved) was replaced with sitting in rows on the floor. TED was on a hiatus and a sudden love for fitness was born in many after months of being sedentary. It took about a year for things to return to normal. We were fortunate to have endured COVID relatively well, and we tried to make the best of what we had. Although the nine months of COVID were productive, the virus was definitely a reminder of how quickly one could lose the people and things they loved the most.





*Junior  
School*





## English Language Arts

The Junior School students start laying their foundations in the English language through vocabulary building, reading and writing. The students engaged in discussions and acted out stories in order to improve their proficiency in communication. As part of their reading activities, they participated in shared reading, literacy circles and reading circles. The scope of English writing included creative, narrative and research writing.

## Mathematics

In mathematics this year, we focused on interpretation of the shapes and sizes found in nature. The students explored two main topics: measurements and geometry. They learned to measure lengths in rather unique ways, such as, using full splits, surya namaskars and back-bends to find the length of a pathway! They were introduced to the SI metric system, and learned to convert units like litres

to millilitres and kilometres to centimetres. The foundation for geometry was laid through the story of origin of geometry, where children were introduced to the story of Egyptian rope stretchers. They also learned about the types of angles in a triangle, namely acute, obtuse and right. The students also identified the angles in their surroundings through observation.



# Environmental Studies

As part of their environmental studies, the Junior Schoolers participated in several units of study.

## The Monsoons

As part of this unit, the students made paper boats, cooked traditional monsoon meals, went on nature walks and played in puddles. They also learnt about the importance of the Western Ghats, and the animals and plants that thrive in this season. As a culmination of their findings, they presented an assembly on Kerala monsoon traditions.

## The Sky, Solstices & Equinoxes

In this unit, students learned about different types of clouds with their 'DIY cloud viewer' and explored the concepts of solstices through a series of experiments.

## Community Helpers

Through their discussions, students concluded the whole world is a community and deepened their understanding of various roles each person plays by visiting areas and interacting with the personnel that manage the laundry, security, clinic, office and maintenance, to name a few. They shared the learnings from their interviews with one another.



# Indian Languages

## Tamil

Learning Tamil through multimodal instruction helped the children to appreciate and develop a better grasp of the language. They have been learning to read and write using thirty-two carefully crafted cards developed by Tamil scholar Mr. Pollachi Nasan. Students have also enhanced their language skills by listening to audio books, singing songs, listening to stories, playing games and enacting various plays. Native speakers improved their skills through levelled activities in reading and listening. All these activities have played a pivotal role in students developing a love for the language.



## Hindi

Hindi classes were integrated with topics explored in environmental science and social studies through relevant poems and short stories. The students had different study plans based on their level of proficiency. They built their vocabulary focusing on everyday practical usage, like names of professions, insects, relationships and things around us. What they enjoy most is enhancing their vocabulary through traditional games. Children enjoyed the learning of dohas, poems, songs and rhymes and had fun in enacting them. On Independence Day, they performed a powada (keerthigan), meaning a devotional song or ballad, praising one of our unsung heroes, Padma Shri Jadav "Molai" Payeng, the first forest man of India.



## Sanskrit

Sound is very important for the Sanskrit language. Everyday, class started with a new shloka or a mantra. Through these simple slokas, the children slowly developed interest in the Sanskrit language. Their eyes would light up whenever someone spoke in Sanskrit. They began learning words, moved on to simple sentences and then finally progressed to writing in Sanskrit.







## Kalari

Kalaripayattu is a martial art form that combines both the spiritual and the physical aspect of one's body, and is a part of the Junior School schedule. Students improved their flexibility through vanakams (leg postures), hand postures and chuvadukal (steps for attack).



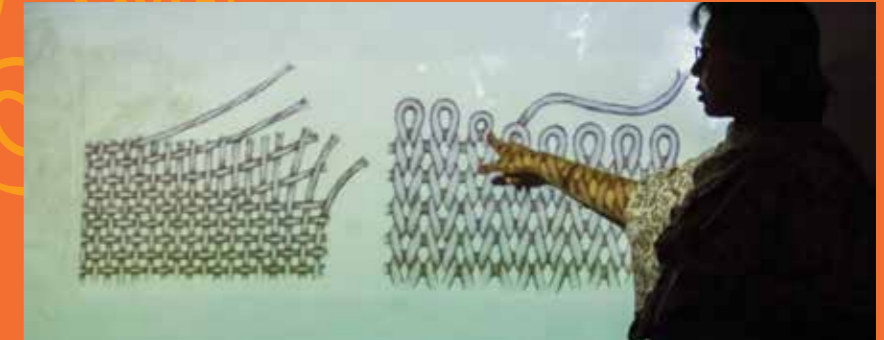
## Bharatanatyam

The older children of Junior School finished learning five sets of adavus (a set of movements) while the younger ones finished three sets. The students were split up into two groups and created a story using mudras (hand gestures). The Junior School students also performed for Periscope as well as Ganesh Chaturthi.



## Assemblies

The Junior School assemblies primarily consisted of student assemblies and storytelling assemblies. The students presented on a plethora of topics including the birds of Isha Home School, the history of chocolate, or the unique animals of the Western Ghats that appear during the monsoon. Some shared interesting aspects about their vacations. Shyamala Akka narrated many stories across genres, while Geetuma told classic tales from Indian mythology from the Mahabharata and well-known stories about Krishna.







## JS Periscope

**Sensorial:** The students improved their observation and listening skills through this periscope event. For the observation part, they were shown a picture with a collection of items. They were then asked to find, memorise and list the items. To sharpen their listening skills, sounds of familiar things were played and the children had to find out what they were.

**Math-a-logic:** To test their skills, the children were divided into groups and were given a set of questions that were a mix of math and logic. There moved through stations with puzzles and games, like matchstick puzzles, coin puzzles etc.

**Math-a-lympic:** Children were divided into groups and were given a set of questions which were based on all the topics they had learned throughout the year. Topics included the four operations, geometry, measurements and patterns.

**Language games:** The students played fun yet enriching games like scrabble, crossword & hangman which in turn helped them develop their vocabulary.

**Hindi, Tamil and Sanskrit:** They culminated their learning for the term in the form of a small presentation which included short poems, a skit and a vocabulary showcase where they named common things in respective languages.





# Music

## World Music

In World Music, children have been building a foundation of music theory, enjoying hands-on experiences of a variety of different musical instruments, and singing in different genres and styles. During the first term, the juniors began reading and writing musical notation. As the year progressed, children also enjoyed singing together and learning songs from a variety of genres such as folk, pop and rock & roll and creating accompanying gestures and dances. Some even improvised their own creative versions of the lyrics. In the second term, they surprised the rest of the school with Christmas carols in the Middle School houses and in Gnana Shala.

## Indian music

Junior Schoolers learned folk songs in various Indian languages. These songs introduced the students to various regional folk traditions in India. Students were also exposed to devotional and regional songs in Marathi, Gujarati, Tamil, Kannada, Telugu and Assamese, to name a few. They discovered that just by listening to the sound of the words, they were able to reproduce these tunes and words and go beyond their cultural identities and comfort zones.



# Drama

## Mime

Mime is a theatrical technique that uses gesture, expression, and movement to imply action, character, or emotion without using words. The older students of Junior School explored this technique of dramatics with Hitesh Anna. They acted out imaginary objects like flowers, balloons, boxes etc. They explored daily life chores through mime and used their imagination to add details to a given scenario. They also played various other mime and pantomime games.



## Hand Shadow Puppetry

When was the last time you made a hand shadow puppet? Well, the Junior School students learned to create various animal hand figures like dogs, cats, horses and even human faces. Using their newfound skills, they independently created original short plays using these characters. They worked on the flexibility of the hand (wrist, palm) through hand exercises and explored making shadows with different types of light.



## Team Building/ Acting games

Team-work is an integral part of everyone's life. In keeping with this, the younger Junior School students engaged in various team-building activities. They also performed a short comedic skit where they used their voice and body. Various concepts like the water cycle were dramatised through songs and various drama games like Frozen Pictures and Brownian Motion. As part of their Monsoon unit, they learned some basic monsoon animal walks.



## Readers' Theatre

Without the use of costumes, sets, scenery, or elaborate lighting, actors perform dramatic readings of narrative material in a method called Readers' Theater. The plot is revealed to the audience as the actors use just their vocal expressions and scripts. By exploring various Indian and Western comedic scripts, JS performers better understood aspects like voice projection, tone, facial expressions, body language, walking styles and many more. The coordination of both acting and reading was a remarkable feat achieved by our young actors.





# Art and Pottery

## Art

From exploring colours, expressing emotions, imagining, creating, observing and drawing - Art has always been an experience of joyful abandonment. Junior School artists made different art pieces from drawing trees, leaves or portraits to making miniature figures in pottery.



## Pottery

Junior School pottery classes drew upon the learning of all the other classes. Students made monsoon-related figurines for their EVS monsoon unit and made unique Ganesha idols on the occasion of Ganesha Chaturthi. Apart from this, they also moulded monsters from clay.

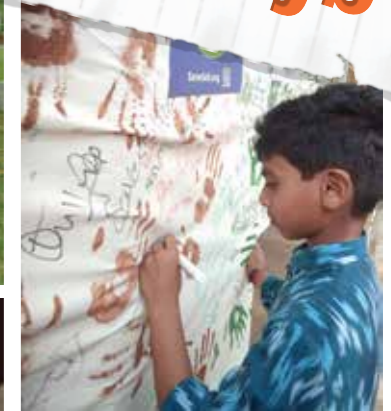


## Trips

This year, Junior School went on three field trips: a trek in the forest, a visit to Kovia Kutralam falls, and Anubhavi Temple. They picniced at the forest guest house right behind the ashram, played various games and had a refreshing dip in the stream. While trekking down, they even spotted elephant foot prints. Kovai Kutralam water falls was their favourite destination. The visit to Anubhavi temple was very informative and fun. Nested in a lush green forest, it took an hour by bus, but the children entertained themselves by singing all the way. They climbed 550 steps to the top and spotted some rare birds of Western Ghats, like the Indian Paradise Flycatcher.



# Essence of JS







## Jajji

Class Teachers: Sreevidya Menon & Pavitra Ryaga  
 House Teachers: Shruthi Subramanian & Manoj Rengarajan

- |                      |                     |                   |                        |
|----------------------|---------------------|-------------------|------------------------|
| Aarya Awasthi        | Abhir Sangram Patil | Aaradhya Kejriwal | Sriram Varanasi        |
| Harika Prasad        | Arjun Kunuru        | Nirvaan Singh     | Darsh Goyal            |
| Sahasra Reddy Pesala | Reyansh Choudhary   | Bhairavi Satheesh | Sudhindra J R Krishnan |
| Aanya Gudavalli      | Dhulika Aggarwal    | Ira Choudhary     |                        |
| Nikhila Gopinath     | Shiv M Patel        | Tanmay Hiranwar   |                        |



## Gulab

Class Teachers: Shruthi Subramanian & Meera Jaishankar  
 House Parents: Pavitra Ryaga & Prashant Iyer

- |                     |                      |                            |                           |
|---------------------|----------------------|----------------------------|---------------------------|
| Riyaa V G           | Satvika Mitra        | Nishchala Krishna Gopinath | Mitthren S P              |
| Aadith Magge Ram    | Shamika Rajaram      | Veeravel Kumaravel         | Ved Rudransh Sabbenahalli |
| Tejas Koonuru       | Hridya Ramakrishna   | Chaitra Reddy Kalusani     | Akshara Kappeta           |
| Vaishnavi Gollapudi | Nirupam Manas Ranade | Om Pratik Bhatt            | Jishnu Jaiswal            |
| Aadya Ramavath      | Shivendu Nerella     | Aarya Nilesh Sutaone       |                           |



# Middle School





## Poetry

### NOSTALGIA

I walked into a new future  
 LOST  
 A gateway to another world  
 Awaits me  
 As I look ahead  
 My past unfolds  
 Sunlight in one hand  
 Darkness in the other  
 A light beam in the forest  
 As the roots combine in steps  
 I venture through the door  
 'O Mother! Take me home.'

*By Manoranjita Class*

### Fallen Trinkets

Fallen trinkets, a sign of love,  
 A ray of light in the darkest of times,  
 A small gift can create happiness,  
 A small hope can clear all despair,  
 A small act of courage can dispel fear,  
 Fallen trinkets, a sign of love.

*By Advait Parikh*

### The Battle

The banging of war drums  
 The neigh of elegant cavalry horses  
 Bows strung back, ready to fire  
 Arrows hurtling towards the enemy  
 Cannonballs taking out masses of valiant men  
 In the moment I stand, oblivious to my surroundings  
 But I must not be concerned by such horrific scenes  
 For I am a soldier, and I must keep on fighting

*By Agastya Bansal*

### Night

The midnight sky,  
 On us it will secretly spy,  
 The glinting moon,  
 The sun will take over her soon,  
 The shimmering stars,  
 Lashing the universe with hot burning scars,  
 I watch the view,  
 Such can be found only by a few,  
 In the peace of tonight,  
 I close my eyes and bade the world a final goodbye.

*By Srimantini Janagama*

### Hope

I am that flickering light in the dark  
 I am a fire that starts just from a spark  
 I keep alive in all times of despair  
 People try to put me down but I don't care  
 Without me the world would be a sorrow place  
 No joy, no happiness, not even a trace  
 I bind people, just like a rope  
 For I am what keeps humanity alive, HOPE

*By Saanika Kote*

### Death

Death comes after us all  
 It won't stop till the world falls  
 People say it pulls us away  
 From life, from love, from family, friends and more  
 But in the end it's just doing its job  
 A game of hide and seek that's been going on  
 We can run but never escape  
 We can try all we want  
 But after all, we will fall  
 Into death's dark eternal end

*By Divyam Vyta*



## English Language

*By Srimantini Janagama*

In English this year, Middle School students explored a variety of topics including poetry, literature, punctuation, précis writing, reflective writing and speech writing. Through poetry, a key tool in expression, we delved deeper into the nuances of figurative language. Reflective writing enhanced our abilities to share our experiences over the course of the year. We enjoyed our novel study of the book, 'The Breadwinner' that helped us better appreciate literature. The unit culminated with an open house showcasing different projects we put together based on the novel. Public speaking is often a challenge for many, so a speech workshop was conducted to enhance our speaking abilities. Exploring various aspects of English covered throughout this year have given us insight into the countless ways of appreciating language and literature.





## Science

In term 1, Middle Schoolers did a unit on Earth and space sciences, and a second one on the skeletal system as a part of a larger study of human physiology. We looked at organ systems and their major components through a variety of activities.

We also tracked and observed our nutritional intake on a daily basis and looked at its importance for our overall health.

In term 2, our year 1 students learned about our 'Flying Friends', which was essentially a unit on birds. They observed and learned about the body structure of birds, their interactions with the environment, and went for birdwatching sessions around the premises. Their second unit for this term was a study of plants. They explored types of plants and parts of plants, with particular focus on leaf shapes, margins and venation. They went on nature walks, recorded their observations, and made individual presentations on their learning.

Year 2 students learned about physical and chemical changes, and matter and its properties, through experimentation. They also worked on small projects and drawings. They then moved on to explore the evolution of and pollination in flowers. They learned about the various types of flowers and their habitats.

Year 3 students studied about gravity, forces and motion. They also looked at basic concepts in chemistry, which included atoms, elements, compounds and mixtures. The students went to the chemistry lab to carry out experiments like splitting water and making magnesium oxide.



## Mathematics

This year, the approach in math was to take a personalised approach, allowing students to progress at their own pace. This was facilitated through resources that catered to a broad range of abilities. The activities followed an inductive approach in which the learners had to deduce the concepts on their own instead of being taught directly.

In addition, the students were exposed to higher level concepts like set-theory through a game called On-Sets. This challenged them to think logically to arrive at a set goal.

A series of Periscope events were also conducted to further their mental math and logical abilities.







## Periscope

Periscope refers to a set of academic and cultural games/ events that provide a platform for students to showcase their talents.

This year, MS Periscope was organized by a committee consisting of 18 students.

So, if you are wondering what is new this year, please note that the committee is trying out a whole new format. Periscope will comprise of about 25 events, spread across three consecutive days, and will be conducted like a festival.

The fest is scheduled to take place on 22-Mar to 24-Mar this year.

(We are not able to include photos because this will happen after our print deadline!)



## Seva

Our ashram is a large, self-reliant community; hence, we have our own service departments. This term we explored how some of these service departments work by helping out at the laundry shed, Biksha Hall and the temple production area.

### Laundry Department

Going to the Laundry Department and seeing the mountains of clothes to be washed helped us realise just how many people there are in the ashram. We learnt that the Isha laundry service makes its own detergent, which was quite a surprise. Not only that, every bedsheet was folded in the same way and arranged perfectly.

### Temple production

Temple production was a fantastic place to volunteer. Seeing welding or metal and stone work up close and personal was fascinating. The metal gets so hot that it turns transparent! They used a really rare type of clay just to make the moulds for brass pots; not even for the pot, but just for the mould. We thought that was insanely cool.

Since metal work was too dangerous for us to do, we completed tasks like stuffing cloth with styrofoam or tallying the number of snake rings. But this wasn't as simple as it sounds. We had to fill around a thousand bags with styrofoam in an hour. To think there are volunteers who do this regularly!

### Biksha hall

We were not prepared for the precision involved with Biksha Hall volunteering. Following exact instructions was tougher than we imagined. We had to double check, triple check and quadruple check our work! We never knew simple tasks like keeping plates were so complicated. The volunteers ensure that the plates are spaced and placed away from the mat down to the inch! We didn't quite understand it then, but thinking back on it now, it's amazing how meticulously they prepare the hall before ashramites arrive.

By participating in these areas of daily seva, we truly appreciated the kind of effort that is taken to sustain ashram living.





# India @ 75

By Aradhana & Tanvi

The Middle Schoolers geared up to commemorate India's 75 years of independence. Each of us took up at least one project. Topic selection and research were the first steps in the process. As a result, we dove deep into India's rich cultural heritage and various other aspects. We learned about our unsung heroes and traced our ancestral roots. We explored India's vibrant arts and crafts, cuisine, festivals and architecture. We did research on key technological achievements. As a culmination, we exhibited our projects for the entire school to see. This unit gave us a deeper understanding about India's journey through the years.







# Elections

By Aradhana & Tanvi

We explored this topic by simulating the democratic election process. We were categorized into four groups:- the Election Commission conducted the voting and set the guidelines for the election process, the Active Citizens demanded their requests be implemented, the Political Parties competed for citizens' votes to become the ruling party, and the Inquisitive Media reported the news. Each group had their own set of tasks, and together, we created one of the liveliest units in the history of Middle School.

To share our knowledge, we held two events. In the first one, we presented an overview to our parents, and held a campaign rally along with a few experiential sharings. In the second event, we dramatized the process of how the whole unit unfolded for the entire school to see. This time, we even dressed up as our individual characters and made the appropriate props, and banners. We reenacted the campaign rally with even more pizzazz.

At the end of the unit, the votes were counted and results announced. Since there was no clear majority, the two leading parties formed a coalition. The elected Middle School representative then participated in the oath taking ceremony, the epilogue to our unit.







## MS Field Trip

The Middle School students went on a study tour to explore different states in South India.

Mandara went to Karnataka and explored the rich culture and history of the state. They visited the famous Mysore Palace and learned about the technological progress of our space agency, ISRO.

Akashmali explored the crafts and architecture of Tamil Nadu. They visited some of the Chola temples and learned about numerous handicrafts.

Manoranjita visited 'God's own country', Kerala. They ate traditional cuisine, watched performing art forms, experienced a serene boat ride in the backwaters, and also got the chance to see the newly built INS Vikrant from a distance a day before the Prime Minister inaugurated it in Kochi.

The trips were fun as well as educational.





## Hindi

Students selected and explored texts and film based on the Save Soil movement and Bharat ki Azaadi ka Amrit Mahotsav. They appreciated the contribution of our freedom fighters and the many unsung heroes that built our nation. They presented their learning in the form of recitations, monologues, and enactments, and participated in quizzes.

All the while, they continued to enhance their grammar and vocabulary skills through learning synonyms, antonyms, homonyms, proverbs, phrases and political and geographical terms, and further honed their writing skills.



## Tamil

Students were exposed to multimodal instruction to enhance their oral language skills and develop a better grasp of the language.

While the beginner and intermediate level students learned basic semantics of the language, the native speakers enhanced their reading, writing and speaking skills through leveled activities.

A comprehensive, individual learning plan model motivated the students to acquire the necessary language skills as well as develop an interest in the language.



## Co-Curriculars

This year, a number of co-curricular activities were offered to the Middle School students. The options included: Hip-Hop, Crochet, Origami, Art, Retro Music and Chess. In hip-hop, students learnt to dance in the hip-hop style taught by Sujna Akka. With the assistance of two of our students, the crochet students made basic objects. In Origami, offered by Class 12 student Vedant, they learnt to make complex structures using paper. Jomet Anna taught them various techniques of shading in Art. In Retro Music, they learnt old Bollywood songs from Sudarshan Anna. Madara Akka and Sathya Anna conducted Chess in which various tactics and strategies were taught. They enjoyed their experiences and acquired diverse skill sets.





## Akashmalli House

House Parents: Prakash Somayaji & Ami Somayaji

- |                              |                           |                       |                 |
|------------------------------|---------------------------|-----------------------|-----------------|
| Kashyap Kiran Vardhan Batchu | Archit Niranjana Paranjpe | Vardhman Baid         | Adit Srivastava |
| Aryaman Mukul Sachan         | Divyam Vytla              | Vetrivel Kumaravel    | Hirday Chopra   |
| Anaenjan Huii                | Savir Singh Dhariwal      | Jainandan Yerraguntla | Rayansh Mahajan |
| Aadi Sankara Karnavar        | Sathvik Gupta Malyala     | Pramoda Ramanathan    | Naman Bishnoi   |
| Siddharth Venkat             | Palaash Nitin             | Sanshray Reddy Nalla  |                 |

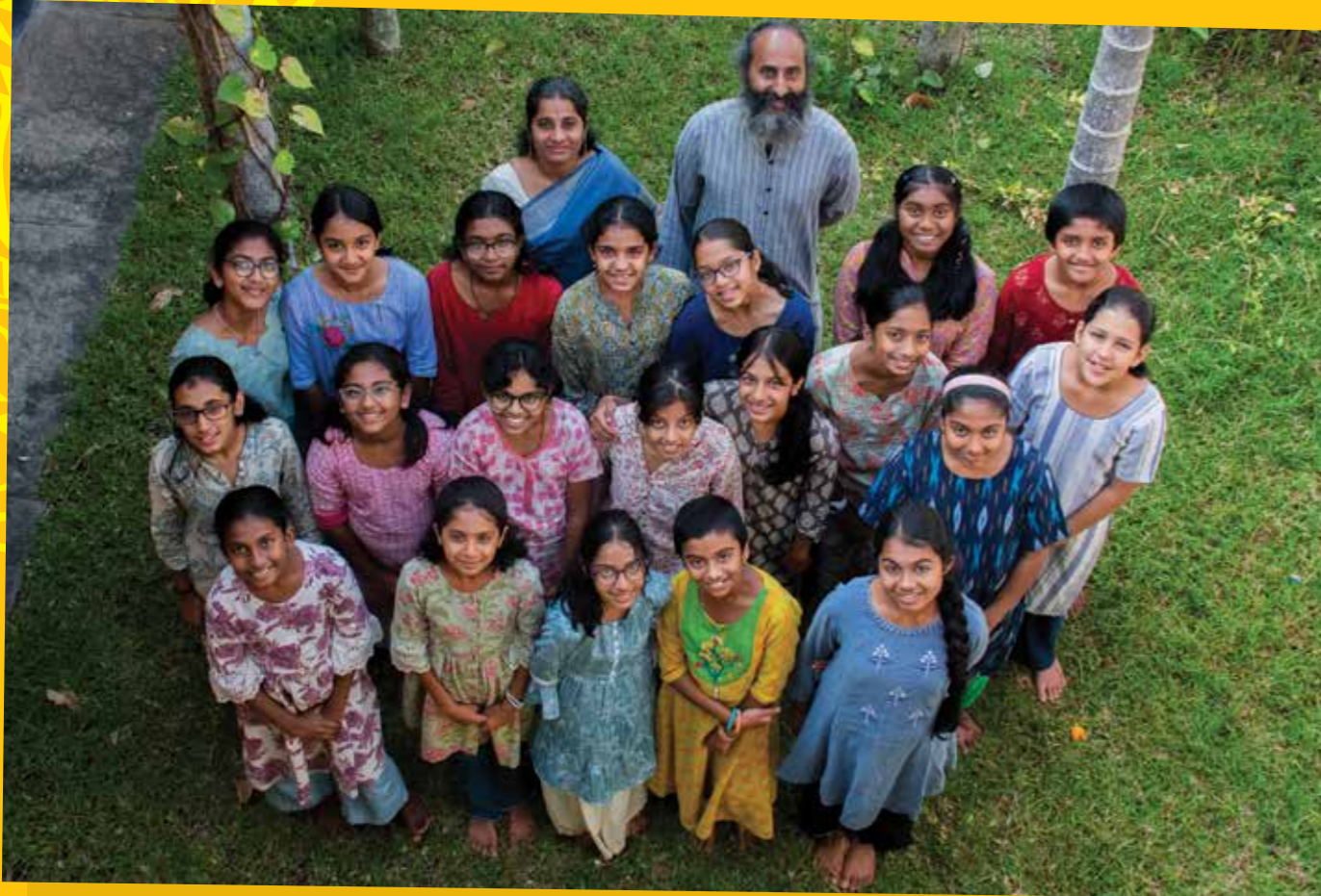


## Mandara House

House parents: Sundar Ramanan & Ganga B

- |                           |                             |                            |                      |
|---------------------------|-----------------------------|----------------------------|----------------------|
| Kananpreet Kamaldeep kaur | Ahana Goyal                 | Sri Tanvi Ravinuthala      | Viihaa Vikram Bagade |
| Tapasya Shashidhara       | Jananya S                   | Kenzie Blue Dumitrescu     | Aadya Awasthi        |
| Harshika Agrawal          | Harushasree Saravanaprasath | Nivedita Rakesh            |                      |
| Disha Vikas Raut          | Shreeya Pratik Bhatt        | Ovi Patil                  |                      |
| Srimantini Janagama       | Diyaa Gopinath              | Saranya Bhagavatul         |                      |
| Saisha Jinesh Nagda       | Manasvi Choudhary           | Radhika Sudhakar Srivatsan |                      |





## Manoranjita House

House Parents: Sekar V. & Shanti Sekar

Shambhavi Shanmugam	Yashvi Sreeram	Anvi Siddareddy	Darshana Birudukota
Saanika Sanjay Kote	Ananya Raveendran	Meenakshi Rampalli	Sashi Haasini Vithala
Aradhana Narayanan	Umika Vytla	Bhuvan Chandel	
Shuja Vaibhav Sawant	Riyaa Jaichakravarthy	Navya Pranavi Madoori	
Prisha Nitin	Giva Gargi Yadav	Sana Karthikeyan	
Dakshayani Murli mohan Ganta	Nainika Bhowmick	Mishika Kaur	

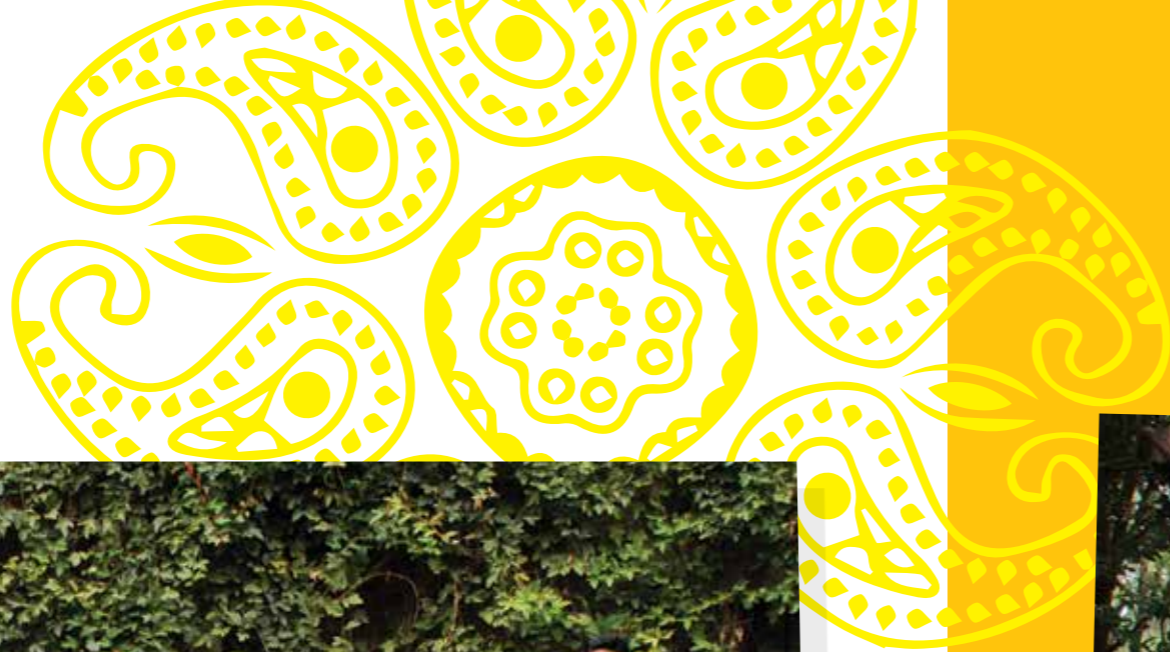


## Kanakambara House

House Parents: Sathyamoorthy Srinivasan & Ranganayaki Sathyamoorthy (Sudha Akka)

Vedaant Sirauthia	Paartha Jyosh	Aryan Koonuru	Advait Jatinkumar Parikh
Athray Manikandan Menon	Mannan Kithania	Shivaguhan Sethurajeswaran	Jayanth Aravind Katwe
Darius Vinayak Sherry	Advait Magge Ram	Bhovik Shashi Kumar	
Sankar Anilkumar	Aswath Narayan Sivakumar	Orang Madhoor Kotak	
Agastya Bansal	Shaurya Sinha	Aarush Agrawal	
Manvik Doosa	Kirithik Muthukumar	Rudransh Chaudhary	





## Akashmalli Class

Class Teachers: Anusha S & Uma Parvathi

- |                              |                            |                       |
|------------------------------|----------------------------|-----------------------|
| Srimantini Janagama          | Agastya Bansal             | Darius Vinayak Sherry |
| Anvi Siddareddy              | Vetrivel Kumaravel         | Nainika Bhowmick      |
| Aadya Awasthi                | Bhovik Shashi Kumar        | Advait Magge Ram      |
| Kashyap Kiran Vardhan Batchu | Rudransh Chaudhary         | Hirday Chopra         |
| Divyam Vytla                 | Tapasya Shashidhara        | Mishika Kaur          |
| Bhuvan Chandel               | Shreeya Pratik Bhatt       | Riyaa Jaichakravarthy |
| Saanika Sanjay Kote          | Shivaguhan Sethurajeswaran | Aryan Koonuru         |

- |                           |
|---------------------------|
| Kananpreet Kamaldeep Kaur |
| Jainandan Yerraguntla     |
| Sashi Haasini Vithala     |
| Paartha Jyosh             |



## Mandara Class

Class Teachers: Sundar Ramanan & Ganga B

- |                         |                       |                            |                           |
|-------------------------|-----------------------|----------------------------|---------------------------|
| Savir Singh Dhariwal    | Aadi Sankara Karnavar | Shaurya Sinha              | Sanshray Reddy Nall       |
| Aryaman Mukul Sachan    | Palaash Nitin         | Manvik Doosa               | Aarush Agrawal            |
| Saranya Bhagavatul      | Yashvi Sreeram        | Radhika Sudhakar Srivatsan | Meenakshi Rampalli        |
| Aradhana Narayanan      | Viihaa Vikram Bagade  | Mannan Kithania            | Umika Vytla               |
| Diyaa Gopinath          | Ananya Raveendran     | Siddharth Venkat           | Archit Niranjana Paranjpe |
| Manasvi Choudhary       | Ahana Goyal           | Disha Vikas Raut           | Advait Jatinkumar Parikh  |
| Athray Manikandan Menon | Sri Tanvi Ravinuthala | Darshana Birudukota        |                           |





## Manoranjita Class

Class Teachers: Prerna Rai, Preeti Kumar and Ranganayaki Sathyamoorthy (Sudha akka)

Dakshayani Murli mohan Ganta  
Nivedita Rakesh  
Vardhman Baid  
Sathvik Gupta Malyala  
Kenzie Blue Dumitrescu  
Shuja Vaibhav Sawant  
Jananya S

Prisha Nitin  
Anaenjan Huii  
Ovi Patil  
Shambhavi Shanmugam  
Kirithik Muthukumar  
Giva Gargi Yadav  
Naman Bishnoi

Vedaant Sirauthia  
Harushasree Saravanaprasath  
Jayanth Aravind Katwe  
Orang Madhoor Kotak  
Aswath Narayan Sivakumar  
Sankar Anilkumar  
Rayansh Mahajan

Navya Pranavi Madoori  
Harshika Agrawal  
Pramoda Ramanathan  
Saisha Jinesh Nagda  
Adit Srivastava  
Sana Karthikeyan

## Movie reviews

Fantasy

### Puss in Boots - The Last Wish

Review by Shambhavi

One of the movies that all the MS loved was *Puss in Boots - the Last Wish*, the sequel to Puss in Boots, an animated film directed by Joel Crawford. It is about Puss in Boots and his journey to escape death. As his journey unfolds, he meets unpredicted guests some of whom become a part of his team. The captivating plot line and the drama kept us engaged throughout the movie.

★★★★

Sports History

### Invictus

Review by Divyam.V

This year we saw *Invictus*, the inspiring story of how South Africa's first black President, Nelson Mandela, and the captain of the Springboks [South African rugby team], François Pienaar, work together to win the 1995 Rugby World Cup and unite both the white and colored communities in South Africa. Even though many South Africans doubted rugby would break racial barriers, President Mandela and Captain Pienaar stuck to their plan, and it worked. During their struggle, President Mandela shares with Captain Pienaar that the poem, *Invictus* by William Ernest Henley, kept him from going mad or losing hope in his twenty-seven years in prison. A powerful film!

★★★★

Comedy Adventure Drama

### Charlie 777 - The Movie

Review by Ananya

In *Charlie 777*, Dharma's, the main character's, life changes miraculously because of a homeless street dog. Dharma is a lazy guy who has lost all hope and drinks and smokes. One day, he finds a dog following him and is extremely annoyed that the dog won't leave him alone. As the story unfolds, the bond between Dharma and Charlie gets stronger. Dharma slowly changes his bad habits and strives to become a better person for himself and Charlie. This story symbolizes the beautiful relationship between a man and his dog, and the lengths he is willing to go to for Charlie. I highly recommend it!

★★★★★

## Book reviews

Science fiction Fantasy Fiction Biopunk Adventure

### Scythe

Review by Shambhavi & Saanika

*Scythe* is a dystopian, biopunk, adventure science-fiction novel written by Neal Shusterman. It describes the future as a place ruled by a machine where death doesn't exist unless you get 'gleaned' (killed) by a scythe. Scythes are people who are above the law. One day, the main characters, Rowan and Citra, are chosen to be scythes. Suddenly, their life takes a whole new path. Throughout their painstaking journey many bonds and friendships are made and destroyed. This adventure packed page-turner will blow you away!

★★★★

Historicalfiction

### The War That Saved My Life

Review by Saanika

This novel, written by Kimberly Brubaker Bradley, is a heartwarming story set during World War 2. The main character, Ada, is a girl with a crippled leg who is ill-treated by her mom. She escapes her home with her brother and is given refuge in Susan Smith's house. This moving story wonderfully describes Ada's struggles and triumphs during hard times. Truly gripping, you won't be able to put this book down!

★★★★★

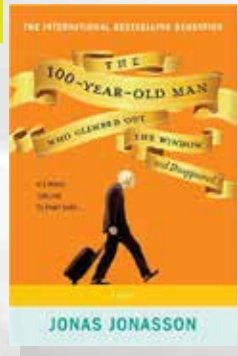


# Senior School





# Book & Film Reviews



Novel Humour Fiction

## The Hundred Year Old Man Who Climbed Out the Window and Disappeared

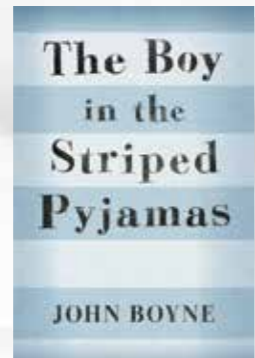
By Jonas Jonasson

Review by Praajita Ranade

Originally published in 2009, 'The Hundred Year Old Man Who Climbed Out the Window and Disappeared' is a fun and light novel written by Jonas Jonasson. The story, as the title suggests, follows a centenarian, Allan Karlsson, out the window with a meagre amount of cash and back into the world once again on his 100th birthday. With only the aim of getting as far away from the nursing home as possible, Allan Karlsson walks to the bus stop, and sets off on what he doesn't yet know is to become maybe the most quirky adventure of his already biography-worthy life.

Adding to the unique plotline, the novel is peppered with chapters dedicated to Allan's backstory, letting the reader in on the endeavours of his younger days. Born in 1905, our old man lived through several notable historical events and made acquaintances with some of the most distinct personalities of the time. In the words of the old man, "... you'll see that things will turn out like they do, because that is what usually happens - almost always, in fact."

Complete with explosives, a suitcase filled with millions, a drug gang, a few accidental deaths, and a lady with a pet elephant, 'The Hundred Year Old Man Who Climbed Out the Window and Disappeared' is an easy novel, perfect to read on a lazy afternoon.



Novel Historical fiction

## The Boy in the Striped Pyjamas

By John Boyne

Review by Jiah Halan

A popular classic novel, set during the era of World War II, The Boy in the Striped Pyjamas is a beautiful, extraordinary tale of friendship, innocence and the gruesome effects of war.

The story is told from 9-year old Bruno's point of view and takes the reader along as he explores and questions his new home in a place called the Out-With. Who are all those sad people wearing striped pyjamas? Why can't I ever play with them? One day, Bruno meets a boy named Shmuel, who lives on the other side of the fence and wears a yellow star on his upper sleeve.

Gradually, through conversation, they become close friends, and Bruno learns more and more about what life is like on the other side of the fence. This influences Bruno in ways he doesn't expect and he begins to make profound observations about the people in his own life.

Through the perspectives of two young innocent boys, this book was an eye-opener to all the injustice and prejudice in the world that existed back then, and still exists to this day. I would recommend this book to all those ages 12 and above, particularly to those with a keen interest in history.



Documentary Film

## The Elephant Whisperers

Review by Varsha Busani

Oscar winning Tamil documentary "The Elephant Whisperers" (2022) is Kartiki Gonsalves directorial debut. It narrates the touching story of a couple, Bomman and Bellie, from the Kattunayakan tribe of Tamilnadu in Masinagudi who are entrusted with the care of an elephant calf named Raghu, and subsequently another one named Ammu. The couple goes to tremendous lengths to ensure that Raghu is nurtured as one of their own, but when they adopt another young elephant Ammu, the forest department sends Raghu to another caretaker. Heartbroken, they endure the loss, and focus on giving Ammu the same love as they did Raghu. With a run time of just forty minutes, this is a story that everyone must see, and a nod to all the mahouts and cavadis who look after our elephant family.



## Class 8 Novel Study

# "No Ticket Will Travel"

By Shymala Sivakumar,  
English Teacher

This year, Class 8 students enjoyed reading and doing activities based on the chapter book, *No Ticket Will Travel*, from the PARI (People's Archive of Rural India) series by award-winning publishing house Karadi Tales, written by Subuhi Jiwani. The book offers a series of glimpses into the lives of migrant workers. As part of their post-reading activities, they interviewed some of our sevadars on campus that have come from W. Bengal, Assam and Maharashtra and wrote articles about them. These articles were later shared with the rest of the class.







## Student Council

By Choekyi Tseten Tonyot & Ritvika Sarathi

Ten members from grades 12 and 13 were selected to form the Student Council.\* Our aims were to represent the voice of the student and bring the school closer to Sadhguru's vision for the students. We met on a weekly basis to discuss school matters.

Our first step to achieving this goal was to find ways to make the school more student driven. We formed four committees: Events, Assembly, Dining and Sports. Two members of the council served as the points of contact for each committee, and we collectively decided the overarching objectives. We acted as a bridge between the students and teachers, and helped with logistics and finding solutions to challenges that cropped up.

During the initial months of this term, we supported the admissions process for Junior, Middle and Senior School. From online interviews to serving them lunch when they arrived at school for the in-person orientation, we participated in the backend logistics. All the post 10 students were pulled in, allowing each applicant to engage with and understand life at IHS from a student perspective. In addition to this initiative, many of the students were trained to conduct school tours for guests, ashramites and visitors.

We hope that in the coming years the Student Council will evolve to play an even more integral part in the day-to-day functioning of the school.

*\*All members of the council are featured in the image except Choekyi because she was not present when the introductory assembly happened.*

## A Herculean Task

By Sadhvi Shetty

After having heated debates with Prakash Anna about different things happening in school and writing an essay on what I would like to change if I was given the opportunity to be a part of the student council, I got selected as the Deputy Convener of the council. At first, we were clueless as to how the council would work, but later as the meetings progressed, we figured out ways to help the school function better in different aspects.

I was mainly a part of the admissions and the events committees. We had the difficult task of staying within the budget and the boundaries that needed to be followed, and tried to meet students' expectations. It was challenging to pull these events off given the time constraints and the extravagant plans that students came up with. But, at the end of each event, there was a sense of satisfaction and accomplishment that made every event feel like a grand success.

Admissions was another Herculean task. Every week we had to plan for and schedule the people who would be part of the admissions process. From dining to group discussions we had to deal with a lot of last minute mishaps. But, as a team we all worked together and pulled through. Being part of this council has taught me so many things, especially how to handle tough situations and last minute changes in plan. I am grateful for this opportunity and it was an amazing experience to be part of this close knit group.

## Citizens' Cafe

By Viveka R

Equality, liberty, fraternity, and justice. The Indian constitution is an intricately crafted document with powerful concepts. To commemorate Republic Day 2023, the class 12 and 11 political science students conducted a half day Citizen's café, for the eighth and ninth grades. Inspired by a Delhi based organisation called 'We the People', the purpose of this session was to bring to life the constitution and explore how the document is still valid today in our lives.

The interactive session began with a simple question, what

do you think when we say 'constitution'. From that point, the discussion dwelled on various aspects such as the diversity and representation of the constituent assembly, a detailed look into the preamble and sharing from various students and teachers about how they have experienced the values from the constitution. From hilarious comparisons of equality and CMM to thought provoking anecdotes on discrimination, the eighth and ninth graders engaged deeply with the concepts.



## Civics Open House

By Ishan Basavaraj

As a culmination to our study, Class 8 students hosted a Civics Open House. In addition to reciprocating the efforts taken by the senior political science students to introduce the Indian Constitution in the Citizen's Cafe and get their candid feedback, our primary goals were to showcase various aspects of the Constitution, create a general awareness about the topic and successfully execute an academic event as a class. As one of the facilitators of the event, I can say that it helped me see many different perspectives and thought processes.

We ensured every aspect of the event would run smoothly by assigning roles, using checklists and meeting regularly. We even sent invitations and helped classmates with their range of projects which included letters, poems, cube displays, pamphlets, posters and even live music with original songs.

The next morning, as students started to trickle into the hall, we were slightly worried.

Were there enough projects? Would people find the projects interesting? Our doubts were cleared once we saw the genuine interest and questions people started asking us. Impromptu, I posted a chart for guests to share their feedback, and soon it was flooded with encouraging comments. The open house had successfully kindled curiosity and introduced an integral part of India to the attendees.

Prior to this, I had never really understood what it took to manage an event. Now, I feel much more confident. Although we could have just studied the chapter and written a test on it, our teacher gave us the opportunity to create memorable projects, grade ourselves and share what we learned instead. For that, I am really grateful, and I have definitely learnt lots in the process.







## Schedule Changes

By Sai Sahana & Sarvesh Malayan

This year our monotonous 9:30 to 4:30 schedule was changed to give us more time to explore our personal interests, study at our own pace, as well as volunteer in the ashram. Assembly was shifted to the afternoon post-lunch for three days in a week. Classes were shorter and the electives had been shifted to our daytime schedule leaving more time for leisure activities in the evenings.

The following options were opened to all students as an elective subject at the ICSE level: Hindustani & Carnatic Vocal and Dance. We had scheduled SUPW (Socially Useful Productive Work) sessions that included volunteering in dining and laundry to give us a behind-the-scenes view of what goes into maintaining our daily routine, and made visits to the STP plant. We also engaged in land care, created an herbal kitchen compost area, and helped out at the school nursery. This year we prepared 5000 saplings for Cauvery Calling.

Foundation courses (SG6) for Post-10 students were resuscitated and students learned home repairs, basics of cooking, entrepreneurship and financial management, to name a few.



## Tamil Thembu

By Viveka R

Just an inch from the white line. The opposing team encircled his leg, using every ounce of strength to hold him back. Kabbadi is believed to have originated in Tamil Nadu, and is a game where two teams try to gain points by raiding the other team's side and tagging a player before successfully crossing back over to their side. The week-long "Tamil Thembu Thiruvizha", or Tamil cultural festival, highlighted the strengths of Tamil Nadu by featuring aspects of the state's sport and culture. Vibrant shops selling local delicacies lined both sides of the road. Goli soda, a locally made refreshment, was a welcome respite from the hot and humid weather. A bustling live counter serving Panjmittai (Cotton Candy) seemed to attract a never ending crowd. Another stall displayed traditional rice varieties, as part of Save Soil, as well as, handwoven weaves. In addition, there was an exhibition of cow breeds from across India featuring majestic bulls like Vechur and Red Sindhi. Class 11 EVS students assisted with giving tours to visiting guests about the various social outreach initiatives of the Isha Foundation. For many of us, visiting the festival was an enriching experience that helped us appreciate the beautiful elements of Tamil culture.







## Plant Biodiversity

By Deepak Raam

As a part of our 12th grade Environmental Science project, Prithviraj, Sidharth and I created 100 plant markers and placed them all across the school. Back in January, Mohana Priya Akka introduced us to the idea of spreading awareness and understanding the vast diversity of flora and fauna in school. In

order to achieve this task, we decided to label most of the plants we encounter while walking across school everyday. Although we knew it would be an arduous task, we took up the challenge. We spent hours working in the workshed despite getting blisters and being drenched in sweat and sawdust, but in the end, we produced 100 signposts

with corresponding photos, QR codes and a brief description of the respective plant. We devised treasure hunts, word searches, and other games to encourage students to explore our campus. This project was an enriching experience for me. Not only have I acquired many new skills, but I am also excited to share this knowledge with others.

## Earth Youth Summit Kyoto 2023

By Sidharth Modawal

The 12th Grade EVS students were given an opportunity to apply for the Earth Youth Summit in Kyoto. The objective of this summit is to address the Sustainable Development Goals (SDGs) set by the United Nations and to discuss how we, as the next generation, can help make these goals a reality. The application process started with filling out a Google form and telling them which of the seventeen SDGs we would prefer to discuss. We were also given the choice of participating on-site at Auru

Keihoku, or the Kyoto Prefectural Seminar House, or offline. When the results came in, not long after, we were surprised to learn all of us who applied were selected for online participation! Of the eleven youth participants representing India, seven of us are from Isha Home School.

For the next step, we attended the introductory online meet in the second week of March where we met the other participants from around the world and engaged in

a discussion about one of the six topics that were up for discussion, some of which included Carbon Neutrality, Biodiversity, Effective handling of SDGs to achieve sustainability.

It is a great honour and privilege to be part of the Indian contingency. We are really excited about attending this 4-day event online (21st to 23rd March) and expect to learn a lot about how we can help develop a sustainable future both for us and the generations to come.



## Post-10 Theatre

### What Planet Are You On?

By Aadya Singh & Kashish Somani

Post-10 students had the opportunity to be a part of a theater intensive. They put up an adaptation of Akarsh Khurana's play "What Planet Are You On?" based on the work and findings of Pierre Pichot.

"Guys! Do it again! From the top!" bellowed Hitesh Anna while the entire theatre troupe was getting slow cooked under the golden stage lights. But, by now we had become accustomed to this ritual. Anna affectionately called us his theatre family, and that made us feel like we were a part of something much bigger than just another production.

One week before the performance, cast roles and the script weren't fixed and everything was still up in the air. We also had no real crew; all of us were involved in makeup, set-

design, planning, and props and, of course, acting. Anna explained this intentional chaos would prevent us actors from getting too attached to a character and losing the essence of the play itself.

The hour before the play looked like something out of an absurd comedy:

10 students clad in leaf skirts experiencing a bad case of pre-performance jitters. However, all our nerves vanished once we stepped on stage. This was because we were well-versed with what

each character was going to say and what emotions they were going through all along.

In the end, with minimal props, clever use of simple costumes, effective lighting, and apt music choices to punctuate our scenes, our theatre family pulled off a successful musical pleasantly surprising our audience. For the hours of rehearsal, our time on stage felt like mere seconds, but we had loads of fun, both on and off stage, and would do it all again without a second thought.



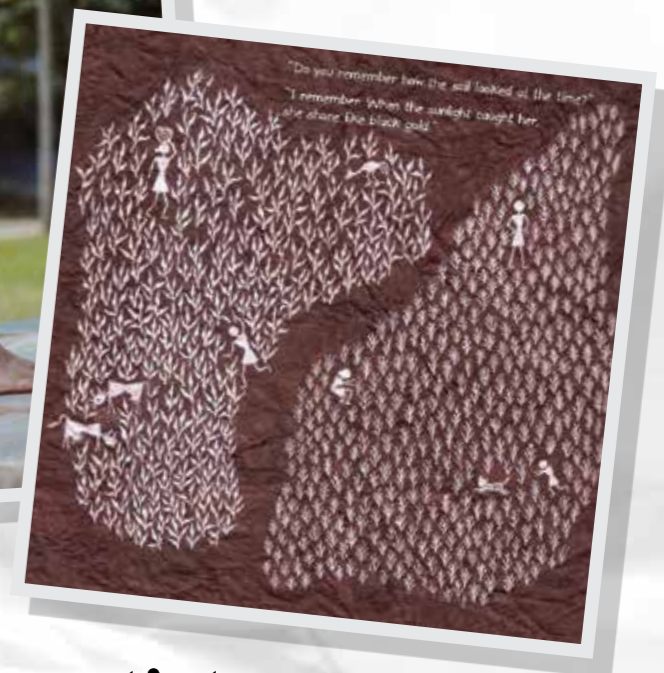
## Internships-Y1

**Life at Isha Life***By Varsha Busani*

The Class 11 students of Isha Home School had an opportunity to intern under different departments of the Isha Foundation to get exposure working in a corporate environment and to learn some of the different aspects about the career paths they wish to pursue.

In the first term, we had orientation sessions on what to expect from the internships, the different departments we could intern under, and how the respective departments worked. Options included PR, IT, the Clinic, Human Possibilities (HR), Isha Shoppe, Isha Impressions, E-Media, Video and Photo Publications, and FPO. Once we decided where we wanted to intern and gave the teachers our three top choices, we started learning how to build our resumes. They included our academic and co-curricular achievements, our education, technological skills and any accolades. After a few weeks, once our resumes were approved by the Internship Program coordinators, Aman Anna and Chin-Mei Akka, they were sent to the respective departments to which we had applied. After that, we eagerly waited for our assignments.

My personal experience working with Isha Life was quite enriching. I was amazed by how each entity within Isha Life contributed to a single order. Though they made everything look easy, so much effort went into just making sure that the order was delivered to the customer's doorstep on time. This changed my perspective on how hard people work to make sure things are perfect through an entire process.



## Internships-Y2

**Aditi Iyer's life as an artist: based on a true story***By Aditi Iyer*

When I was two, I got my first easel. I haven't stopped painting since. I remember begging my house parents for paper relentlessly in Junior School and spending all my free time creating terrible artwork. I drew horses and ducks, predominantly, with the occasional girl or boy dropping in to say something. I like to think I've come a long way since then.

When people asked me what I wanted to do when I grew up, I always went with the evergreen response, "I don't know." But, during the break after 10th grade, when my parents decided that an engineers' life was for me, I revolted. It was at that moment that I realized that art was what I wanted to do.

Since then, I've dabbled in a little bit of everything. Random sketches, painterly paintings,

digital art, pinterest quotes. I drew a lot of cows and a lot of cartoon people, and recently, even cartoon cows. Then one fine day, in 11th grade, I found a book called On a Sunbeam, a beautiful but simply illustrated graphic novel by Tillie Walden; it inspired me to make my first sequential illustration (it remains incomplete to this day, but that is not the point here). I was hooked.

I decided that I wanted to contribute to the Save Soil movement by illustrating. I joined Shobha Akka's creative writing workshop to get the hang of the process, pored over books and made pages and pages of character designs for inspiration and spent most of my waking hours in Maa Siddhi's studio. I created interpretations in Madhubani and Warli to illustrate a story. Then,

Shobha Akka called me into the studio at her publishing house in Chennai, Karadi Tales, and my internship began. She handed me a book called The Deep. I flipped through it in awe.

In that whirlwind of a month at Karadi Tales, I was sixteen going on seventeen, and we had written a book, an illustrated picture book to be published once I turn eighteen. This gave me confidence to venture into the Year 2 internship with a new goal. I'd loved illustration: now, what if I could make them move?

I took a chance and shared my work. I've gotten into an animation studio in Mumbai called Eeksaurus this summer. I'm looking forward to leveling up. Gaining clarity on my future. Giving those cartoon cows some personality. Here's to hoping for the best!

*The students of class 12 are looking forward to their summer intership. Placements for April-May 2023 include Log9 Materials, GMR Group, Eka Bhumi, Sheraton International, Karma Lakelands, Money Control, Mahindra First Choice, Engie Solutions, reCharka Social LLP, Padukone-Draavid Center for sports Excellence and the Madras Crocodile Farm. We wish to extend a note of gratitude to all of these organisations for creating these opportunities for us!*





## Class 8A

Class Teacher: Swami Ekapada

- |                         |                     |                         |                           |
|-------------------------|---------------------|-------------------------|---------------------------|
| Bharath Kumar S S       | Haasith Nadella     | Kodukula Avishka Rao    | Shronith Siddharth Pujari |
| Parth Sanman Kapale     | Dharshini Saravanan | Ksheerabdika Dennepati  | Siva Adarsh               |
| Saumitra Ameya Phadke   | Diya Spandana Gokul | Shivangi Shanmugam      | Sarthak Surya             |
| Timayati Francis        | Jiah Jagdish Halan  | Samarjeet Sangam Patil  |                           |
| Eira Niranjana Paranjpe | Amirtha Varshini    | Keerthi Vasana Manickam |                           |
| Siddharth Ravishankar   | Adhya Senthilkumar  | Jairagav Rajavelu       |                           |



## Class 8B

Class Teacher: Prankur Srivastava

- |                          |                     |                               |                   |
|--------------------------|---------------------|-------------------------------|-------------------|
| Nathan Min Jie Liu       | Kaashika Kaur       | Gaurav Naresh Kumar Phalshwal | Tharini Sakthivel |
| Ishanth Guru Karthikeyan | Siddhant Singh      | Radhini Kumar                 | Rishabh Dey       |
| Riya Vijay               | Thiyanesh K         | Sree Laxmi Gajjelly           |                   |
| Pari Rajesh Saathi       | Anavi Runwal        | Ishan Vikram Basavaraj        |                   |
| Jaikrish Sampath         | Aashi Verma         | Pranava Hamasagar             |                   |
| Raghav Bahadur           | Pooja Jagdish Halan | Aayushmaan Indrabalan         |                   |





## Class 9A

Class Teacher: Sivakumar Sundararajan

Samruddhi Vaibhav Sawant  
Eva Kaivalya Karumanchi  
Tara Ram  
Aradhya Manikdan Menon  
Ahaan Rajesh Singh

Anirudh Pasumarthi  
Aahna Vivek Singh  
Sai Ankita Senthil Kumar  
Moksh Parashar  
Jai Bhatia

Shiv Karthik Sakthivel  
Anshit Sharma  
Veda Menon  
Shilpita Ramanathan  
Shivangi Dash

Sai Ramaprasad Tushitha  
Aarjav Salaiah Hanchihalli



## Class 9B

Class Teacher: Manoj Rengarajan

Ruthvik Kolli  
Sarveshmalayan Sethu  
Senthilkumar  
Abhinav Maheshwari  
Prabhav Karthik Satishuma  
Srishti Ganesh

Ananya R Raman  
Sahana Arunkumar  
Vyas Kiran Patil  
Sri Nayan Ravinuthala  
Dhairiyash Dhruv Yadav  
Shardul Tushar Jadhav

Abishta Prashant Shetty  
Samah Sanghavi  
Sadhika Parthiban  
Shreshta Reddy Byreddy  
Smiti Shadangule  
Dechen Khurana

Poorna Srivalli Latchireddi  
Lakshminivas Yerrabelli





## Class 10A

Class Teachers: Kai Lieber & Suhas Saha

- |                                  |                                |                        |                      |
|----------------------------------|--------------------------------|------------------------|----------------------|
| Maithreya Dasu Sundru            | Sudhanthira Babu               | Pruthviraj Singh Bisht | N. Sidhanth Pooviah  |
| Vasista Sarvaraya Chowdary Boddu | Mayanka Bhowmick               | Shakthi Balasaravanan  | Kuldeep Ravishankar  |
| Rohan Phalshwal                  | Vimudha Rajee Gaddypaty        | Shreyasi R             | Andrea Yang Ping Liu |
| Vigneshwar Muthukumar            | Ajith Krishna Reddy Chittepudi | Sanvi Sanman Kapale    | Srujana Sankar       |
| Arvind Raghavan                  | Hriday Singh Dube              | Yash Avinash Patil     | Ushma Mehrotra       |
| Mithran M.K                      | Tejeshwar M                    | Nithin Shanmugam       |                      |
| Aashish Venkat Chitturi          | Sooryakant Indrabalan          | Saksham Aggarwal       |                      |



## Class 10B

Class Teacher: Prabha Shaktivel

- |                 |                    |                              |
|-----------------|--------------------|------------------------------|
| Sadhana Kakarla | Dakshith Vijay     | Aisiri Kiran                 |
| Advait Khandare | Saketh Ram Kakarla | Srimayyi Sarathi             |
| Vedant Maloo    | Shiva Rayakumari   | Laasya Vallipriya Karumanchi |
| Vibhu Aravindan | Krishna Rayakumari | Mahathi Murari               |





**Bye for now, class 10!**



**Sadhana Kakarla**

*Favourite Quote*

"It's never too late to be who you might have been." – George Elliot

*A book or movie that you feel everyone should read/watch experience*

Baby's Day Out

*If you were given a day to enjoy your own company, how would you spend it*

Reading books



**Shreyasi Ravichandran**

*Three adjectives to describe yourself*

Amusing. Fashionista. Metaphoric.

*A life lesson you learned during the lockdown*

Though the struggles are real, you just have to get back up

*If you could have one superpower, what would it be?*

Teleportation, because I would like to travel all over the world free of cost



**Laasya Vallipriya Karumanchi**

*What's the best advice you've given or been given?*

Stress is unproductive, so just don't stress out

*If you could have one superpower, what would it be? Why?*

The ability to talk to animals, because they're objectively cooler than humans

*If you were given a day to enjoy your own company, how would you spend it*

Reading, baking and bingeing.





### Yash Avinash Patil

*Favourite quote*  
"All those who wander are not lost." - J.R.R.Tolkien

*If you could change one thing about yourself, what would it be?*  
My BMI

*If you could have one superpower what would it be?*  
I would have the superpowers of the Blue Beetle

### Mahathi Murari

*What's the best advice you've given or been given?*  
Be honest, people appreciate it.

*If you could change one thing about the world, what would it be?*  
Make common sense more common

*A moment you could relive at IHS*  
My farewell performance in Feb 2022

### Shiva Rayakumari

*Favourite quote*  
"You don't have to be ordinary, make your best mistakes." - Anonymous

*What's the best advice you've given or been given?*  
If you can't say yes, don't say no, say maybe.

*A life lesson you learned from the lockdown*  
Life without studies is a life better lived



### Kuldeep Ravishankar

*Favourite Quote*  
"Die a hero or live long enough to see yourself become the villain."  
- Batman

*Aspiration*  
To be a pirate

*On my bucket list ...*  
To go skydiving with James Bond

### Mithran.M.K

*What's the best advice you've given or been given?*  
If you find a toilet in your dream, don't use it.

*If you could change one thing about yourself, what would it be?*  
My height

*A movie you feel everyone should watch*  
Vikram

### Shakthi B

*Favourite Quote*  
"We have calcium in our bones, iron in our veins, carbon in our souls, and nitrogen in our brains. 93 percent stardust, with souls made of flames, we are all just stars that have people names." - Nikhita Gill

*Aspiration*  
To open a successful wig shop

*What is your dream vacation?*  
To go scuba diving in the Great Barrier reef with the people I love



### Pruthviraj Singh Bisht

*Favourite quote*  
"If I let you in, please don't break anything." - Anonymous

*A series or movie that you feel everyone should watch*  
Witcher (series on Netflix)

*A song that you have on repeat 1 loop*  
"Lolipop Lagelu" by Pawan Singh

### Ushma Mehrotra

*Favourite Quote*  
"Die with memories not dreams." - Anonymous

*What's the best advice you've given or been given?*  
Two years from now, this won't matter

*A song that you have on repeat 1 loop*  
"Just the two of us" by Bill Withers

### Sudhanthira Babu

*Three adjectives to describe yourself*  
Carefree. Sporty. Fun.

*A moment you could relive at IHS | Most memorable moment at IHS*  
The ASISC Regional Athletics Meet

*A movie you feel everyone should watch*  
The Batman Trilogy



### Arvind Raghavan

*What is your dream vacation?*  
To stay in a log cabin in the Alps near a forest and mountain stream

*If you were given a day to enjoy your own company, how would you spend it?*  
Reading One Piece, watching One Piece, then reading it again

*On my bucket list...*  
To meet Virat Kohli and thank him for the service to our country

### Krishna Rayakumari

*A life lesson you learned from the lockdown*  
Spend more time with people

*Favourite Quote*  
"When I first meet somebody it's usually panic, anxiety, and a great deal of sweating."- Chandler Bing

*Most memorable moment at IHS*  
2021 Mahashivratri

### Dakshith Vijay

*Favourite Quote*  
"I am not mean, people are just too kind." - Dakshith Vijay

*What's the best advice you've given or been given?*  
The people who love you, keep them close. The people who trust, you don't cheat them. The people who respect you, don't lose them. - My Mum

*If you could change one thing about yourself, what would it be?*  
The second hand embarrassment I give people





### Ajith Krishna Reddy

*Favourite Quote*  
“Let your faith be bigger than your fears.” - Anonymous

*Most memorable moment at IHS*  
Winning my 7th grade Sports Day for Hoysala

*What's the best advice you've given or been given?*  
“Kanna, don't look back while running.” -Rajan Anna

### Tejeshwar M

*Favourite Quote*  
“What do you got to lose when you ain't already lost everything.” - Billy Butcher, from the show “The Boys”

*A movie that you feel everyone should watch*  
Shawshank Redemption

*What is your dream destination?*  
Japan

### Vibhu Aravindan

*Aspiration*  
To work for RAW

*If you could have one superpower what would it be?*  
Invisibility

*On my bucket list ...*  
To steal the Kohinoor diamond and bring it back to India.



### Saksham Aggarwal

*Most embarrassing moment*  
The first day at IHS and meeting so many new people

*A song you have on repeat*  
Freaks by Surf Curse

*A moment you could relive at Isha Home school*  
Our grade dinner at CMM

### Hriday Dube

*Favourite Quote*  
“Where there is a will, there is a way.” - Albert Einstein

*What's the best advice you've given or been given?*  
Live your life as if a documentary team is always documenting your life

*What is your dream destination?*  
Maldives

### Aisiri Kiran

*If you were given a day to enjoy your own company, how would you spend it?*

I'd lay on the grass and watch the day turn to night. Well, realistically, I'd eat, binge Netflix, and sleep.

*What's the best advice you've given or been given?*

No one gets it right the first time without making a mistake

*What is your dream destination?*  
Poseidon's Palace (in the sea)



### Maithreya Dasu Sundru

*If you could have one superpower, what would it be? Why?*

Telepathy. So that I can speak to others through the mind which is far more accurate and better for long distances.

*Favourite Quote*  
“Without pain, life is plain.” - Anonymous

*Three adjectives to describe yourself*  
Silent. Stealthy. Oblivious.

### Nadikerianda Sidhanth Pooviah

*Aspiration*  
To pass my 10th grade board exams

*If you could have one superpower, what would it be? Why?*

Invisibility. I would never get caught eating secret snacks.

*Three adjectives to describe yourself*  
Crazy. Energetic. Psychotic.

### Vedant Maloo

*Quote*  
“The only way to do great work is to love what you do.” - Steve Jobs

*Three adjectives to describe yourself*  
Sporty. Caring. Lazy.

*A moment you could relive at Isha Home school*  
The night after Mahashivratri, when Pruthvi, Dhairyash and I stayed up late and hung out.



### Vasista Boddu

*What's your favorite Quote?*  
“Death is the solution for all problems. No man, no problem.” - Joseph Stalin

*A book that you feel everyone should read*  
The Communist Manifesto - Karl Marx

*What is your dream destination?*  
The Kremlin

### Nithin Shanmugam

*On my bucket list ...*  
To be able to take a picture with all my school friends when we are 80 years old.

*A life lesson you learned from the lockdown*  
I learned that Thousand Island Sauce with sambar is not a bad combination.

*Most embarrassing moment.*  
Getting trash talked to by my sister in front of my friends.

### Saketh Kakarla

*Most embarrassing moment.*  
Getting caught eating noodles with a few friends

*What's the best advice you've given or been given?*

Life is like looking for your phone. Most of the time it's in your hand.

*If you could have one superpower, what would it be? Why?*

I would be able to give unlimited wishes to myself and everyone around me





**Vigneshwar Muthukumar**

*A life lesson you learned from the lockdown*

Too much sleep is not a bad thing, but too much food is

*If you could change one thing about yourself, what would it be?*

My net worth

*Name the emoji that best describes you*

Sleeping face emoji

**Srimayyi Sarathi**

*Favourite Quote*

“Only dead fish go with the flow.”  
- Anonymous

*Most embarrassing moment*

When I tried adding a tumbler to the drying stack in dining, and the whole thing came crashing down

*Three words to describe yourself*

Way, too, busy

**Srujana Sankar**

*If you could have one superpower, what would it be? Why?*

Mind control and manipulation (so that other people do my chores)

*A life lesson you learned from the lockdown*

Value the world outside because one never knows when one will be trapped inside four walls

*Three adjectives to describe yourself*

Quirky. Lanky. Long.

**Sanvi Sanman Kapale**

*Quote*

“Keep your dreams alive... hit the snooze button”

*If you could change one thing about yourself, what would it be?*

To get rid of all my awkwardness with people

*A movie that you feel everyone should watch*

Zindagi Na Milegi Doobara

**Advait Khandare**

*Three words to describe yourself*

Sassy. Foodie. Sporty.

*Aspiration*

To become a badminton player, and an aeronautical space engineer

*A life lesson you learned from the lockdown*

Life can be unexpected, and not unnecessarily in a bad way, so whenever life throws something unexpected at you, always face it in a positive way.

**Rohan Phalshwal**

*Quote*

“You never know how it is to get up if you don’t fall down” - Unknown

*On my bucket list...*

To land on an aircraft carrier

*A moment you could relive at Isha Home school*

Hitting a sixer which made the students team win against the teachers team



**Sooryakant Indrabalan**

*A song that you have on repeat*

Something in the Way by Nirvana

*A series that you feel everyone should watch*

WWII in Color (Netflix series)

*On my bucket list...*

To make a film about haunted mobile phones

**Andrea Liu Yang Ping**

*Name the emoji that best describes you*

A smiley with closed eyes

*Three adjectives to describe yourself*

Introverted. Hyper. Artsy.

*A book or movie that you feel everyone should read/watch experience*

Hunter X Hunter

**Aashish Venkat Chitturi**

*Favourite Quote*

“Yesterday is history, tomorrow is a mystery, but today is a gift that’s why it’s called the present.” - Master Oogway (King Fu Panda)

*Three words to describe yourself*

Tall, sneaky rat

*Most embarrassing moment*

Getting caught flicking Snickers from the houseparent room in 4th grade by Satya Anna

**Mayanka Bhowmick**

*Quote*

“Remember, today is the tomorrow you worried about yesterday”- Dale Carnegie

*Three adjectives to describe yourself*

Loud. Annoying. Bengali.

*What is your dream vacation?*

To go to Antarctica and eat ice cream with penguins

**Vimudha Rajee Gaddypaty**

*If you could have one superpower, what would it be? Why?*

Invisibility, so that I can bunk morning games

*What is your dream destination?*

Maldives

*A moment you could relive the most at IHS?*

10th grade field trip







## Class 8/9 Field Trips

By Ashwin Subramanian

This year, Class 8 and 9 had a chance to bond during a visit to a local stream, and they were taken to Turning Point, an adventure camp. Both classes also had the opportunity to visit the newly inaugurated Experimenta Interactive Science Center in Coimbatore. Students tried their hand at experiments under various categories, including motion, sound, illusions and optics, and furthered their understanding of scientific concepts.



## Class 10 Field Trip

By Srimayyi Sarathi

Our annual class trip commenced with an early morning bus ride, and surprisingly, the entire student body was awake. Too excited to sleep, few of us sang, few of us danced, and the rest tried to capture every moment with our cameras, until we arrived at the airport.

After we cleared customs, we headed for the Daulatabad Fort and the Ajanta and Ellora caves, the highlights of our trip. The fort was a colossal stone structure with a maze of narrow pathways. We could imagine the king's army standing atop the massive pillars, protecting their kingdom. We marveled at the natural dye paintings of Ajanta and intricate sculptures of Ellora caves.

Following this, we went to Hampi, where we saw the ruins of the great Vijayanagar empire. We got to visit and climb inside the Gopuram, or entrance tower, of the Virupaksha temple. We saw the great stone chariot, a shrine dedicated to Garuda, the official vehicle of Lord Vishnu. Later, we saw the ruins of the Vijayanagar Palace in which the family resided.

Walking through the Hampi ruins made me feel as though I had been transported back in time to ancient India, and we had gained more knowledge about Indian history than we had ever learned from a textbook.



SS1 houses



**Govardhana House**

House parents: Ayman Abou Hamra & Pratik Vora

- |                                  |                       |                            |                        |
|----------------------------------|-----------------------|----------------------------|------------------------|
| Gaurav Naresh Kumar Phalshwal    | Vibhu Aravindan       | Parth Sanman Kapale        | Rishabh Dey            |
| Ahaan Rajesh Singh               | Sooryakant Indrabalan | Thiyaneesh K               | Shiv Karthik Sakthivel |
| Pruthviraj Singh Bisht           | Anshit Sharma         | Siddhant Singh             | Saumitra Ameya Phadke  |
| Vedant Maloo                     | Advaith Khandare      | Aarjav Salaiah Hanchihalli |                        |
| Dhairiyash Dhruv Yadav           | Anirudh Pasumarthi    | Mithran M.K                |                        |
| Vasista Sarvaraya Chowdary Boddu | Siva Adarsh           | Jaikrish Sampath           |                        |



**Champa House**

House parents: Sarada Dash & Preeti Dash

- |                  |                          |                             |                    |
|------------------|--------------------------|-----------------------------|--------------------|
| Tara Ram         | Aradhya Manikandan Menon | Poorna Srivalli Latchireddi | Smiti Shadangule   |
| Aashi Verma      | Kodukula Avishka Rao     | Aisiri Kiran                | Jiah Jagdish Halan |
| Riya Vijay       | Kaashika Kaur            | Mayanka Bhowmick            | Samah Sanghavi     |
| Sahana Arunkumar | Anavi Runwal             | Andrea Yang Ping Liu        |                    |
| Srimayyi Sarathi | Shakthi Balasaravanan    | Krishna Rayakumari          |                    |





## Mahilam House

House Parents: Prabha Shaktivel & Shaktivel B

Rohan Phalshwal	Hriday Singh Dube	Lakshminivas Yerrabelli	Ishanth Guru Karthikeyan
Nithin Shanmugam	Maithreya Dasu Sundru	Jai Bhatia	Nathan Min Jie Liu
Saksham Aggarwal	Moksh Parashar	Abhinav Maheshwari	Haasith Nadella
Yash Avinash Patil	Shardul Tushar Jadhav	Keerthi Vasana Manickam	
Ajith Krishna Reddy Chittepu	Sarveshmalayan Sethu	Aayushmaan Indrabalan	
Tejeshwar M	SenthilKumar	Jairagav Rajavelu	



## Krishnakamalam House

House Parents: Rajalakshmi Sivakumar & Karthikeyan V

Ananya R Raman	Sanvi Sanman Kapale	Adhya Senthilkumar	Srishti Ganesh
Sree Laxmi Gajjelly	Aahna Vivek Singh	Tharini Sakthivel	Sai Ramaprasad Tushitha
Shiva Rayakumari	Eva Kaivalya Karumanchi	Timayati Francis	Shivangi Shanmugam
Samruddhi Vaibhav Sawant	Ushma Mehrotra	Amirtha Varshini	Mahathi Murari
Sudhanthira Babu	Diya Spandana Gokul	Shivangi Dash	





## Radhamaanohar House

House parents: Shyamala G & Sivakumar Sundararajan

- |                         |                        |                           |                           |
|-------------------------|------------------------|---------------------------|---------------------------|
| Arvind Raghavan         | Vigneshwar Muthukumar  | Ruthvik Kolli             | Raghav Bahadur            |
| Dakshith Vijay          | Saketh Ram Kakarl      | Sri Nayan Ravinuthala     | Pranava Hamasagar         |
| Aashish Venkat Chitturi | Samarjeet Sangam Patil | Ishan Vikram Basavaraj    | Shronith Siddharth Pujari |
| N. Sidhanth Pooviah     | Sarthak Surya          | Prabhav Karthik Satishuma | Bharath Kumar S S         |
| Kuldeep Ravishankar     | Vyas Kiran Patil       | Siddharth Ravishankar     |                           |

## Parijata House

House parents: Papita Solanki & Subhanithya D

- |                         |                          |                              |                        |
|-------------------------|--------------------------|------------------------------|------------------------|
| Abishta Prashant Shetty | Radhini Kumar            | Sadhana Kakarla              | Ksheerabdika Dennepati |
| Veda Menon              | Srujana Sankar           | Laasya Vallipriya Karumanchi | Dharshini Saravanan    |
| Shilpita Ramanathan     | Sai Ankita Senthil Kumar | Dechen Khurana               | Pooja Jagdish Halan    |
| Shreshta Reddy Byreddy  | Pari Rajesh Saathi       | Vimudha Rajee Gaddyapaty     |                        |
| Sadhika Parthiban       | Shreyasi R               | Eira Niranjana Paranjpe      |                        |





**Y1**

Class Teacher: Pratik Vora

- |                                |                              |                        |                     |
|--------------------------------|------------------------------|------------------------|---------------------|
| Manoj Chinniah Ramesh          | Rahul Satyavaram             | Kimaya Esha Venugopal  | Aiyana Adhir Varma  |
| Sebastian Lawrence Duque Allen | Adith Moongilpatti Mugundhan | Vaidehi Ranjeet Singh  | Samyukta Beeraka    |
| Aarav Prakash                  | Prahlad Mandanna             | Varsha Raj Busani      | Enliyaa Rubin       |
| Siddharth Varma Vegesna        | Gaurang Mathur               | Serena Mohapatra       | Evina K Vistin      |
| Mihit Nitin Agrawal            | Mahi Vijay Mane              | Karthika Vadivelan     | Manya Doosa         |
| Krishan Karthikeyan            | Shatvica G                   | Samridhhi Kunwar       | Ranya Santosh Kashi |
| Arth Rajesh Saathi             | LakshmiPriya Yerrabelli      | Preethika VK           |                     |
| Abhishek Kannan                | Azadhana Anoop               | Mridula Jagadeeshwaran |                     |
| Akash Ravuri                   | Azara Singh                  | Sairaksha Srinivasan   |                     |

**Y2**

Class teacher: Sivaprasad Gumparthi

- |                            |                              |                               |                           |
|----------------------------|------------------------------|-------------------------------|---------------------------|
| Nicole Agnes Wanjiru Bwire | Dhriti Debnath               | Sidharth Modawal              | Deepak Ram K R            |
| Sae Jishi                  | Anju Srinivasan              | Daxya Godar Thapa             | Hemal Sreyas Dasari       |
| Manushree Ubhe             | Karthik Raju Sagi            | Sara Arjun                    | Atri Tejasvi Somanchi     |
| Ishana Adhikary            | Param Vikram Bagade          | Adhya Balakrishnan Beeravalli | Suchir Aaditya Majalee    |
| Praajita Manas Ranade      | Parigyan Rai Thami           | Aadya Vivek Singh             | Ishan Sinha Marjit        |
| Prerna Dutta               | Jaydev Maheshbhai Brahmbhatt | Aditi Srinivas Iyer           | Shoan Sanmeet Raskar      |
| Kashish Somani             | Tanav Mohan Kumar            | SriHariRam Karthik Narayan    | Prithviraj Singh Nathawat |
| Yangchuk Renée Rinzing     | Girish Skandha Sudhakar      | Vedant Kiran Patil            | Malhar Vaibhav Sawant     |
| Viveka Ramakrishnan        | Yatinnandha Shankar          | Hemanth Chigurupati           |                           |





Y1 Ladakh trip

# Ladakh: An Unexpected Treasure

By Samridhi Kunwar

I didn't want to go to Ladakh. I might have said 'yes' when in conversation with my friends, but I concealed what I truly felt. Why were we visiting a barren land in the middle of nowhere? To my surprise, all that changed the moment I stepped into the cold and beautiful land of Ladakh.

It was an overnight journey; we started from the Coimbatore Airport at around 8 pm and arrived in Ladakh Airport by six in the morning. Though the excitement was palpable, I was still worried about a number of things, mainly

the thought of using a dry toilet.

As we descended, I felt utterly foolish, because the moment I looked out of the window, I wondered why I ever had second thoughts about Ladakh. The sun was just rising, its delicate rays caressing the blanket of snow that glistened on the peak of a few mountains. All thirty-three of us were wide awake with awe at the sight.

After clearing customs, we headed to SECMOL (Students' Educational and Cultural Movement of Ladakh), an NGO founded in 1988 by a

group of young Ladakhis who have changed the local educational system for the better.

We soon pulled up to the campus, which was surrounded by tall mountains. Although I was used to our greener Velliangiri Hills, I was pleasantly surprised to find the nearby gray mountains just as beautiful. At SECMOL, the students were so friendly, and the school itself dazzled us with the extreme genius of its mechanics. The entire school was off the grid and powered solely by solar panels; their natural refrigerators were

underground caves that required no insulation. The building walls were constructed in such a way that when it was hot outside the inside would remain cool, and vice versa. It was truly fascinating. Not only that, we bonded with the SECMOL students by picking apricots and apples in their private orchard together and making delicious apricot jam!

Through Thang Lang La Pass (where I got to touch snow for the very first time!), we left SECMOL and headed to the village of Gya. It was very cold, but we warmed up

while talking to Director Stanzin Dorjai Gya and watching his award-winning documentary, *Shepherdess of the Glaciers*.

Then, we headed up to Nubra Valley for some interesting leisure activities like camel riding, dune bugging, and archery. On our way to Leh Market, we were caught in an unexpected landslide and ended up admiring the local scenery for five hours. Upon reaching Leh Market, we had our fill of laphing (a spicy cold mung bean noodles), thukpa (soupy noodle dish with assorted vegetables), momos, and

thenthuk (sheets of wheat flour flat noodle soup). Thinking about this still makes my mouth-water.

It's funny how such a strong premonition resulted in exactly the opposite of what I had expected. I was so hesitant, and yet, here I am, telling you how it was one of the best experiences of my life. Believe me when I say that Ladakh was the most beautiful place I've visited thus far, and I wouldn't have missed this trip for anything.





## Y2 Madhya Pradesh Trip Inspiring Truths

By Viveka R

When we set out at dawn on the 6th of September, I never thought that the trip I was embarking on would impact me so enormously. Madhya Pradesh gave me an opportunity to observe India and its interiors at a grassroots level. Over the years, in my privileged and sheltered upbringing, I had heard a lot about how those who often have the least give the most, and the people that we met demonstrated this. When we visited the rural and tribal villages, such as Khatmakheda, the families opened their doors to us with love and warmth. They shared their homes, heritage and their struggles with surprising candour. Another eye opener was meeting the frontline leaders of the Narmada Bachao Andolan (a movement against large dams being built across the Narmada River) and those affected by the movement. The sheer will and dedication to succeed and have their voices heard was awe inspiring. The turmoil and politics that was a constant in their lives was something I could have never imagined. These interactions put a human face to the statistics we usually read in newspapers. I recognized that sometimes harsh and uncomfortable truths reside right alongside the beauty of India.



# So long & farewell, class Y3!

*We get up close and personal with this year's Y3 students*



Class Teacher: Prakash Somayaji

Pushpa Agrwal  
Siri Immani  
Sayf Ali Khan  
Aniruddh Raghavan  
Varun Karthik Narayan  
Sanjeev Lakshmanan  
Madavan Ravi  
Anushaa Ramesh

Tanvee Meher Errabolu  
Vyshanvi Kamaraju  
Maya Srivelu  
Avni Verma  
Shriya Gera  
Heeya Chawda  
Shravya Sudarshan Iyer  
Maanvi Manish

Hemanth Reddy Konda  
Ritvikka Sarathi  
Choekyi Tseten Tonyot  
Darpana Jain  
Dakshina Shri Sudhakar  
Sadhvi S Shetty  
Manav Bansal  
Cibi Kumar

Pranav M Acharya  
Ashwin Subramanian  
Araj Singh Dhariwal  
Sruthilaya Subramanian  
Ananya Khandare





**Maanvi Manish**

*A moment you could relive at IHS | Most memorable moment at IHS*

The last day in Gya where we all sat together and reflected upon the trip

*What is your dream vacation?*

Any place from where I can see the Northern Lights.

*A song that you have on repeat*

“Lost Boy”- Ruth B

**Pushpa Agrawal**

*Three adjectives to describe yourself*

Keen. Persistent. Loud.

*What's the best advice you've given or been given?*

Out of sight, out of mind.

*If you were given a day to enjoy your own company, how would you spend it?*

In a room full of books and a never ending supply of carrots.

**Ananya Khandare**

*A book you feel everyone should read*

The Forest of Enchantments by Chitra Banerjee Divakaruni

*On my bucket list ...*

To star in a dance video with Nora Fatehi

*If you could have one superpower, what would it be?*

Photographic memory



**Darpana Jain**

*Aspiration*

To build an eponymous fashion brand that helps people with clothing issues, produces clothes and accessories that are environmentally conscious, and guides people to improve their sense of fashion.

*What is the best advice you've been given?*

“Everyday should be a celebration” – Sadhguru

*A movie that you feel everyone should watch*

Kal Ho Na Ho



**Sai Sahana**

*Most embarrassing moment*

When I crashed into a scooter while riding a bicycle. The scooter toppled over me, and I got up saying, “I’m ok. I am ok.” But the onlooker said, “Maa! Scooter, Maa!!!”

*If you were given a day to enjoy your own company, how would you spend it?*

Watching Netflix while chomping on Indian Magic Masala Lays chips

*Three adjectives to describe yourself*

Creative. Committed. Perseverant.



**Sanjeev Lakshmanan**

*Favorite Quote*

“Don’t play the bowler, play the ball”  
- Virat Kohli

*A moment you could relive at IHS | Most memorable moment at IHS*

Winning the kho-kho match on Sports Day

*On my bucket list ...*

To travel with the Indian Cricket Team for one full year



**Anushaa Ramesh**

*Favorite Quote*

“There is nothing I would not do for those who are really my friends, I have no notion of loving people by halves; It is not my nature.”  
- Jane Austen, Northanger Abbey

*On my bucket list ...*

To live an extravagant life as a fashion designer in Paris

*Most memorable moments at IHS*

The moment I looked up at the sky in Gya during my trip to Ladakh and stargazing on the terrace of Timken hall in SECMOL





**Dakshina Shri Sudhakar**

*What is your dream vacation?*

Going to Norway to see the Aurora Borealis aka the Northern Lights.

*Most memorable moment at IHS*

Fulfilling my 9-year-long dream by playing in the ASISC Regional Volleyball Tournament and winning Bronze.

*What's the best advice you've given or been given?*

Do what you want to do without caring about what others think about you. It is not worth it.



**Shravya Sudarshan Iyer**

*Aspiration*

To be a renowned singer who changes lives with her music

*What is the best advice you have given or been given?*

Don't give more thought to people's words than they did themselves

*If you could have one superpower, what would it be and why?*

Time travel combined with invisibility to see India before the British came, and to eavesdrop on schemings of political leaders



**Ritvikka Sarathi**

*Favorite Quote*

"There are no great things to do in this world, but only great ways to do them." – Sadhguru

*What is the best advice you have been given?*

Are you gonna die? No? Then it's fine

*On my bucket list ...*

To start a restaurant as a business with my friends



**Ashwin Subramanian**

*If you could change one thing about yourself, what would it be?*

If I dislike something, I tend to hold it to my heart; I would like to learn to let go.

*Aspiration*

To be a Carnatic Musician

*Most memorable moments at IHS*

Indian and western music assemblies with Anandhi Akka and Maa Janani

**Pranav M Acharya**

*Favorite Quote*

"Do not go gentle into that good night. Rage. Rage against the dying of the light." – Interstellar

*Aspiration*

To learn how to draw a circle. Really.

*Three words to describe yourself*

Multilingual grizzly bear

**Hemanth Reddy Konda**

*What is your dream vacation?*

Climbing Mount Everest.

*Favorite Quote*

"The temporary satisfaction of quitting is outweighed by the eternal suffering of being nobody." – Andrew Tate

*Aspiration*

To play professional basketball.

**Manav Bansal**

*On my bucket list ...*

To be featured in Forbes 30 under 30

*What is your dream destination?*

Waitomo Caves, New Zealand

*A movie that you feel everyone should watch*

Scarface





**Vyshnavi Kamaraju**

*Aspiration*  
To become an architect

*A song that you have on repeat 1 loop*  
"Kesariya" from Brahmastra

*On my bucket list...*  
To go to the North Pole and experience day and night at the same time

**Siri Immanni**

*Three adjectives to describe yourself*  
Excited. Adaptable. Awkward.

*On my bucket list ...*  
To play with pandas in China

*A movie that you feel that everyone should watch*  
Taare Zameen Par

**Tanvee Meher Errabolu**

*Favorite Quote*  
"Your silence is my favorite sound." - Billie Eilish (from the song "You Should See Me in a Crown")

*Aspiration*  
To find all my lost pairs of socks

*A life lesson you learned from the lockdown*  
When you start using your time productively, there is nothing to lose and everything to gain

**Sruthilaya Subramanian**

*Favorite Quote*  
"You got it backwards Dill," said Jem. "Clowns are sad, it's folks that laugh at them." - Harper Lee, To Kill a Mockingbird

*Moments that you would relive at IHS*  
Anandhi Akka's western music assemblies and classes in Junior and Middle School. This includes the assemblies we did for Christmas, and the gardening songs in junior school.

*If you could change one thing about yourself, what would it be?*  
To stop being SALTY



**Sadhvi Shetty**

*A moment you could relive at IHS*  
The time when my juniors and I pranked the new 11th graders that I was a 'goonda'

*A book or movie that you feel everyone should read*  
Geronimo Stilton

*A song that you have on repeat 1 loop*  
"Best Day of My Life" by American Authors



**Heeya Chawda**

*Three adjectives to describe yourself*  
Lost. Smol. Cracked.

*Most embarrassing moment*  
Setting myself on fire on stage

*Most memorable moments at IHS*  
The time the IHS girls volleyball team danced in the backyard of their hotel and when the boys volleyball team won the tournament



**Cibikumar K**

*If you could have one superpower, what would it be?*  
To talk to animals for no particular reason

*A book that you feel everyone should read?*  
One Straw Revolution by Masanobu Fukuoka

*If you were given a day to enjoy your own company, how would you spend it?*  
I would spend time alone in the forest



**Varun Karthik Narayan**

*Favorite Quote*  
"Even if you are not ready for the day, it cannot always be night." - Donda West on 'Praise God' by Kanye West

*What is your dream vacation?*  
Going to the Maldives with friends

*If you were given a day to enjoy your own company, how would you spend it?*  
Making beats, playing with pets, cooking, and playing basketball





**Maya Sirivelu**

*Favourite Quote*

“Thinkers Today, Leaders Tomorrow.” – Academic Games Motto

*Most Memorable Moment at IHS*

International Day of Yoga Flash-mob in Coimbatore (5th Grade)

*On my bucket list*

To stay at an underwater hotel



**Avni Verma**

*Aspiration*

To walk down the ramp after my show at the Milan fashion week

*What's the best advice you've given or been given?*

Everybody thinks they're being watched but everybody is too busy thinking THEY are being watched to watch anybody.

*Favorite Quote*

“If you only read the books that everyone else is reading, you can only think what everyone else is thinking.”- Haruki Murakami.



**Choekyi Tseten Tonyot**

*Favorite Quote*

“No matter what you step in, keep walking along and singing your song because it's all good.” – Pete the Cat (Book by Eric Litwin, James Dean, and Kimberly Dean)

*What's the best advice you've given or been given?*

“It's all in the head.” – Raj Anna said this when he saw my mind limiting my physical actions

*A life lesson you learned from the lockdown*

If you are passionate enough, there is nothing that you cannot achieve.



**Shriya Gera**

*A moment you could relive at IHS*

Playing ultimate frisbee with random seniors under the pouring, thundering rain in 11th grade, followed by a frenzy run across school as a result of being bitten by red ants on the field

*On my bucket list ...*

To visit the Bermuda Triangle and escape it or die trying

*Favorite quote*

“There is nothing to fear but fear itself.” – Franklin D Roosevelt



**Sayf Ali Khan**

*On my bucket list ...*

To go on a Himalayan expedition with National Geographic

*If you were given a day to enjoy your own company, how would you spend it?*

Go for a long drive, with music and food.

*Aspiration*

To be a humanitarian aid worker or conservationist

**Aniruddh Raghavan**

*Favorite Quote*

“They tell me what's done in the dark will find a way to shine. I done did so much that when you see you might go blind” – from the song “Kevin's Heart” by J. Cole

*A moment you could relive at IHS*

Looking at my team for the last time as captain of Hoysala

*A song that you have on repeat*

“Sing About Me I'm Dying of Thirst” – Kendrick Lamar

**Araj S D**

*Most memorable moment at IHS*

Winning sports day 2022 as captain of Kakatiya.

*What's the best advice you've given or been given?*

It is better to be a warrior in a garden than a gardener in a war.

*A movie that you feel everyone should watch*

Good Will Hunting

**Madavan Ravi**

*Favorite Quote*

“I don't want to be something that just comes and goes.” – Kendrick Lamar

*A moment you could relive at IHS*

Blasting music and partying in Arali with the boys before a Moondram Pirai dinner

*On my bucket list ...*

To win a Grammy





Y3 Ladakh trip

**From Alandurai to Leh**

*By Sayf Ali Khan*

For someone who has been to Ladakh a handful of times, looking at the dusty, snow-capped mountains through the aeroplane window wasn't new. As a Kashmiri, for me, a trip to Ladakh is akin to a visit to Ooty for city dwellers of Tamil Nadu. However, seeing the excitement in the eyes of my batch-mates as we flew over the Himalayas marked the beginning of an unforgettable trip. The ten days that would follow brought the twenty-nine of us emotionally closer as a grade in a way that no other trip could, especially since it was our first and last trip post-Covid. We were about to have the time of our lives.

Apart from our school chaperones, we travelled with the founder of 'Journeys with Meaning', Neha Kandalgaokar. We spent our first five days at SECMOL, a self-sustained school founded by Mr. Sonam Wangchuk, where we learnt the traditional all-purpose Ladakhi greeting, "Julley" and made new friends over kahwa and thukpa soup. Luckily, we were able to

interact with Sonamji on the trip. We learnt about Ladakh's various educational and environmental issues, both current and historical. While most of us adapted to the eco-friendly dry toilets, some did struggle, and much to our amusement, one of us (who shall remain nameless) dropped his chappals down the hole.

The school is situated at the banks of the tranquil river Sindhu (Indus), nestled among the mountains. We spent one night on the rooftop stargazing together under the full moon in awe and profound silence. On our last night, we danced with the students in their traditional outfits and shared some of our IHS original performances.

After bidding farewell to SECMOL, fuelled by hot butter tea, we made our way to the small colder hamlet of Gya.

The stunning transformation of the landscape in transit turned from desert high terrain to green meadows and snow-white mountains. We were warmly

welcomed and invited to stay with award-winning filmmaker, Stanzin Dorjai Gya at his home. His documentary about his sister's toil on such harsh terrain as a shepherdess is globally recognised and admired.

Early in the morning, a few of us trekked up the nearest mountain with Arjun Anna, our school doctor, and the view from the top was breathtaking. Known as 'ghosts of the Himalayas', we tried to spot snow leopards, but true to their nickname, we never saw one. Instead, we saw the majestic black-necked crane near Tsokar Lake.

Our last few days were spent touring Ladakh, from Tanglangla Pass to monasteries, and shopping and exploring Leh Market. When finally we boarded the plane headed back to Coimbatore, and left those mountains behind, we realised the trip had come to an end, with special moments captured on camera and great memories that would last forever.





SS2 houses



Anaar House

House parents: Swami Ekapada & Sivaprasad Gumparthi

- |                     |                                |                       |                        |
|---------------------|--------------------------------|-----------------------|------------------------|
| Ishan Sinha Marjit  | Ashwin Subramanian             | Sidharth Modawal      | Manoj Chinniah Ramesh  |
| Sayf Ali Khan       | Sebastian Lawrence Duque Allen | Parigyan Thami        | Tanav Mohan Kumar      |
| Hemanth Chigurupati | Akash Ravuri                   | Daxya Godar Thapa     | Sidharth Varma Vegesna |
| Manav Bansal        | Aarav Prakash                  | Malhar Vaibhav Sawant |                        |



Sampangi House

House parents: Maa Pratapi & Maa Kripa

- |                         |                        |                               |                   |
|-------------------------|------------------------|-------------------------------|-------------------|
| Shravya Sudarshan Iyer  | Heeya Chawda           | Darpana Jain                  | Varsha Raj Busani |
| Kimaya Esha Venugopal   | Ritvikka Sarathi       | Kashish Somani                | Sadhvi S Shetty   |
| Lakshmipriya Yerrabelli | Mridula Jagadeeshwaran | Adhya Balakrishnan Beeravalli | Mahi Vijay Mane   |
| Purna Dutta             | Aditi Srinivas Iyer    | Aadya Vivek Singh             |                   |
| Avni Verma              | Enliyaa Rubin          | Azara Singh                   |                   |





## Arali House

House Parents: Kai Lieber & Patrick Thome

Prahlad Manadanna	Param Vikram Bagade	Atri Tejasvi Somanchi	Krishan Karthikeyan
SriHariRam Karthik Narayan	Shoan Sanmeet Raskar	Cibi Kumar	Rahul Satyavaram
Jaydev Maheshbhai Brahmhatt	Prithviraj Singh Nathawat	Abhishek Kannan	Sanjeeva Lakshman
Aniruddh Raghavan	Madavan Ravi	Girish Skandha Sudhakar	



## Chamanthi House

House Parents: Shakthi Ramasamy & Ramasamy Pullappan

Samyukta Beeraka	Aradhana Anoop	Ishana Adhikary	Sruthilaya Subramanian
Dakshina Shri Sudhakar	Sairaksha Srinivasan	Nicole Agnes Wanjiru Bwire	Anju Srinivasan
Manya Doosa	Shatvica G	Siri Immanni	
Dhriti Debnath	Ranya Santosh Kashi	Vyshnavi Devi Kamaraju	
Sae Shailesh Joshi	Ananya Khandare	Meher Tanvee Errabolu	





## Kadamba House

House parents: Suhas Saha & Nidhi Tyagi

Yatinnandha Shankar  
Pranav Mahesh Acharya  
Araj Singh Dhariwal  
Hemanth Reddy Konda

Varun Karthik Narayan  
Arth Rajesh Saathi  
Deepak Ram K R

Gaurang Mathur  
Hemal Sreyas Dasari  
Suchir Aaditya Majalee

Vedant Kiran Patil  
Adith Moongilpatti Mugundhan  
Karthik Raju Sagi



## Suryakanti House

House parents: Mohana Priya & Neena Deshmukh

Maanvi Manish Malsisaria  
Anushaa Ramesh  
Pushpa Agarwal  
Preethika VK  
Aiyana Adhir Varma

Viveka Ramakrishnan  
Serena Mohapatra  
Praajita Manas Ranade  
Samridhi Kunwar  
Sai Sahana Reddy

Yangchuk Renée Rinzing  
Karthika Vadivelan  
Vaidehi Ranjeet Singh  
Sara Raj Arjun  
Evina K Vistin

Choekyi Tseten Tonyot  
Shriya Gera  
Manushree Rajeev Ubhe  
Maya Sirivelu





# Create

## Arcade

*By Mithran. MK*

This year, as a part of the video game development TED, facilitated by Ayman Anna, we decided to create an arcade machine. After several days of planning, we came up with a design.

We created a five foot high timber structure (made from an unused bookshelf) with a screen in the centre (powered by a PC).

We worked in the invention lab for over two months building the shell, and visual art students later worked on the decoration with a colourful CMM theme.





# Kalaripayattu

By Samriddhi Kunwar

The Kalaripayattu Periscope for the year 2022-23 included a variety of demonstrations, from complex body twists and turns to quick movements with weapons. The Juniors and Middle Schoolers demonstrated vanakkams and meipayattu, full splits and cartwheels, and body control techniques. Senior students displayed chuvadukal, meipayattu, stick fights, stick rotation, along with dagger fights, cloth and knife attacks, and the urumi. The urumi is a sword with a flexible, whip-like blade that can inflict deadly lashes on the enemy. The audience was left awestruck as they watched the expertise with which the weapons were handled, keenly waiting for the next performance to unfold.



# We Take to the Stage

By Suchir Aaditya

An enthusiastic audience. Tension in the air. Adrenaline was rushing through my veins though the performance had not even begun. Such were the expectations for the Kalari Periscope, and somehow we had to exceed them. Backstage, we were ready to give our best performance. One after the other, each display of kalaripayattu was more intense than the last. Soon, it was my turn. With butterflies in my stomach and a stick in my hand, I visualized the movements of stick rotation. As a group, we had been inconsistent during our rehearsals and were doubting our final performance. That moment, it felt different. I didn't feel nervous when the drums increased their pace. The stick didn't feel heavy in my hand. I knew this was going to be perfect. With a surge of energy and a swing of my stick, we took to the stage.





# Bharatanatyam

By Samridhi Kunwar

The 2022-23 Bharatanatyam Periscope was an elegant mix of movement, expression and narration. This year, the event started with the 'Natesha Kauthvam', an invocation praising Lord Shiva by the senior students. The Juniors and Middle Schoolers gave a heart-warming performance to "Bhagyada Lakshmi Baaramma" composed by Purandara Dasa to welcome Goddess Lakshmi. Finally, the Seniors danced to a bhajan called "Jai Ranga Ranga" and the event culminated with "Navarasa", a dance depicting nine human expressions. The piece focused on the emotions of fear, disgust and victory as seen from the point of view of oppressed women who take matters into their own hands.



## Growth Through Dance

By Maya Sirivela

Having learnt Bharatanatyam for the last ten years, my final Periscope performance in January was definitely an exhilarating experience. As the second semester approached, we began our rigorous preparation; several hours were spent every week perfecting postures, fixing synchronization, and weaving together a tapestry of the different movements to form a story. The power of abhinaya, the facial expressions of the dance form, allowed me to explore various characters, and I learnt about the importance of conveying the story behind the dance to the audience. Taking on the role of an abuser in my second piece, for example, helped me uncover the emotion in Bharatanatyam called Rudra, or anger. Of course, the experience of performing on stage is like none other. The stage becomes my home for those few minutes, and I aim for perfection in every dance step. Bharatanatyam has helped me grow tremendously as a dancer, and I hope to continue learning the art form wherever I go.







## Piano & Guitar

By Kashish & Pranav

The 2022-23 guitar and piano periscope covered a myriad genres from the contemporary tunes of Yanni's "Nostalgia" and Bill Withers' popular jazz song "Just the Two of Us" to the grand excerpts from Hans Zimmer's masterpiece original soundtrack of *Interstellar* (2014).

Piano pieces included Christina Perri's "A Thousand Years" with Radhini Kumar on the piano and Eira Paranjpe on the guitar, followed by a departure into Hindi music with Perna Dutta performing "Kaise Hua". After that was a surprise jazz performance of "Just the Two of Us" by Ushma

Mehrotra, followed by Kashish Somani's rendition of another jazz pop number of the title track to the movie, *La La Land*. Manav Bansal performed a Spanish Flamenco piece called "Gratitude" on the classical guitar.

This time, several performances showcased both guitar and piano players at the same time. Imagine Dragons' popular song "Demons" was performed by Varsha Raj on piano and accompanying vocals, Sanvi Kapale on electric guitar and Pranav Acharya on acoustic guitar. Shravya Iyer, Manav Bansal and the music teachers performed a modified version of the Tamil hit,

"Malayil Peidhidum" on vocals, guitar and piano respectively.

The grand finale from *Interstellar*, "Cornfield Chase", featured six guitars (Pranav, Manav, Kuldeep Ravishankar, Tushitha, Shoaan Raskar, Jaydev Brahmabhatt & Mahi Mane) and a piano trio (Pranav, Ushma & Aditi Iyer). Two versions of the track were played, in different time signatures. It was the perfect track to end a memorable musical evening.







# Periscope Performances Carnatic, Hindustani, Percussion and Mridangam

Over two consecutive Saturdays, the students of Carnatic, Hindustani, Percussion and Mridangam showcased excerpts from what they had learnt over the course of the year. Carnatic students performed the Navaragamalika varnam, 'Bho Shambho' and the popular 'Brochevarevarura'. Hindustani students presented a chotakyaal in Raag Yaman and celebrated abhangs including 'Abir Gulaal' and 'Kanada Raja Pandaricha'. Percussion students, in collaboration with vocals, rendered two folk numbers, 'Chowdary' by Mame Khan and 'Vaari Jaon Re'. Finally, the highlight was a special 'Laya Vinyasam' done by the mridangam students.





# Class 10 & 13 Art Exhibition

## My art exhibit experience

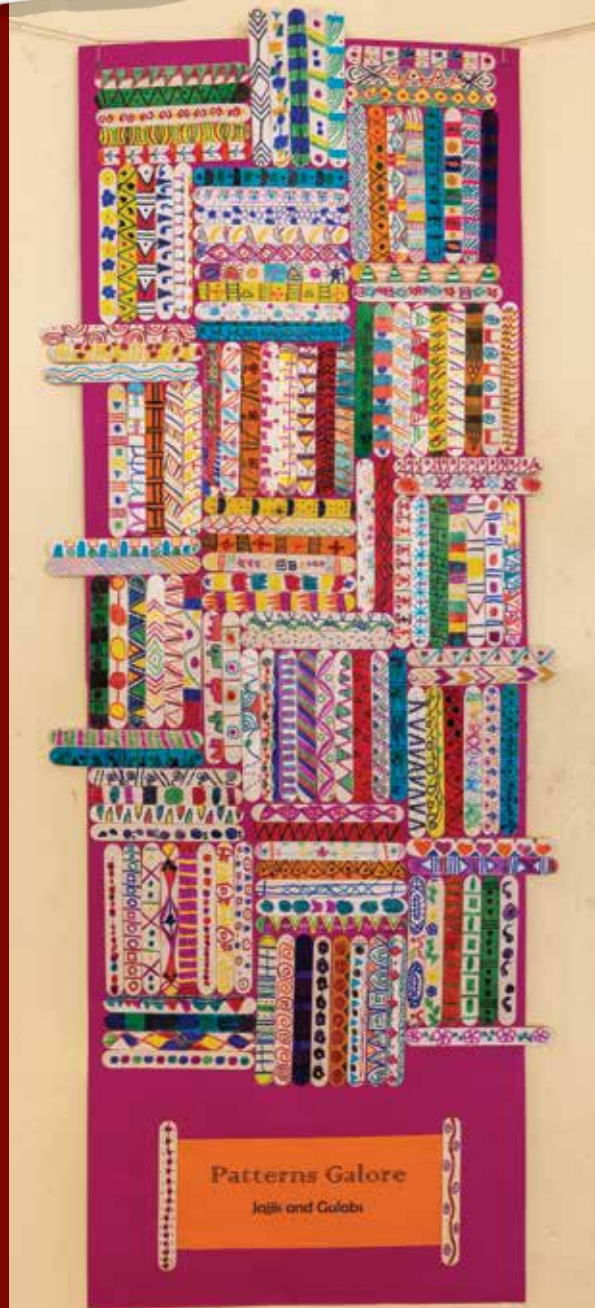
By Sai Sahana

After relentless cutting, cropping, and designing of a layout, the day of the exhibit was finally here. It was a bright Tuesday morning, and all of us, dressed in colourful sarees, stood next to our displays with bated breath. As people started to enter, marvelling at each piece of artwork they walked by, I began to relax. They were genuinely intrigued by the variety of mediums used in our work - water colours, soft pastels, poster colours and acrylics. More than anything else, I was moved by how everyone listened to the stories behind the vibrant folk art pieces. Though my throat was parched and my head ached from standing and talking for almost six hours, the awe-struck faces of my visitors renewed my enthusiasm. The innocent enquiries from Juniors about how to mix the colours and their initial disbelief about whether our pieces were printed pictures or not filled me with a sense of immense joy. Three years of work and perseverance. At the end of the day, I felt a great sense of achievement and confidence.





# JS, MS & Class 8 Art



## Art Appreciation

By Maa Siddhi, Art Faculty

This term eight art students of Senior School had a rare opportunity to experience and attempt to illustrate the magnificence of Indian art that has survived centuries. We went on a study trip to the thousand plus years old Patteeswarar Temple at Perur. They saw majestic sculptures which are a fine amalgamation of mythology, artistry and elegance. The group spent nearly half a day studying and absorbing the vibrant feel and sublime spirituality of temple architecture, such as ornate pillars, depiction of mythological scenes, and later day mural painting. Every single student shared that this was one of the most enriching experiences and complained that the session was too short... I agree.







# Senior School Assembly & Performances

*By Ashwin Subramanian*

Senior School assemblies have been an integral part of the year allowing for students and teachers to come together to learn and share. In addition to Sadhguru videos that were periodically screened, Ayman Anna’s fortnightly technology update sharings, Prakash Anna’s reprised ‘Sukku Coffee with Somayaji’ episodes and Elizabeth Akka’s sing-along assemblies were amongst the ones most looked forward to. Students were also exposed to a multitude of guest speakers and visitors to the ashram. A new feature this year was opening up the evening slot, after Presence time, for student performances.



# Kathak *By Avni Verma*

I began my journey in kathak about 11 years ago. I hated going for my lessons, being forced by my mom to go for every class. But somewhere along the way, making friends with the people I danced with, performing, growing up and maturing, I started enjoying the

dance form. I started taking kathak a bit more seriously, until covid happened. I quit my classes and had completely moved on. As time went by I started regretting my decision. However, in the last week of my time in school, I was presented with an opportunity to perform a

kathak solo. My first solo and my first time doing kathak in the last 3 years. Nervous, excited and more nervous, I went up on stage, as the music filled my ears, I felt like I had returned home after a very very long journey.



# Open Mic

*By Praajita Ranade*

This year with our busy schedule, only a few grades were able to come together for an open mic. Having been there, I can say Class 12 had quite a casual and humourous open mic. Not a single performance was mistake-less. We dissolved into fits of laughter the entire time. There was a rather off stand up comedy routine, lots of unsynchronised singing, one ten-second guitar solo

and the most unique performance of the evening – a dance. It was especially nostalgic for us as a grade since the music was a medley of theme songs from cartoons we grew up watching. Pest Control, our grade band, brought the house down with a rock version of Frozen’s ‘Let It Go’, and some of the grade girls sang the dynamic ‘We Don’t Talk About Bruno’ from

Encanto. Several people chose to take a walk down memory lane with two classic Hindi tunes, “Hawa Hawai” and “Ajib Dasta Hai Ye.” The only ‘perfect’ part of the evening was the decadent signature IHS brownie with vanilla ice cream. It was the comic relief we needed to end the busy term on a high note.





# TED

By Viveka R

TED, short for Talent Exploration Day, is a weekly slot of time allotted for us to pursue and explore passions outside academics. In the second term, there were several more TED offerings, such as language exploration TED, exploratory maths, investment management, along with old favourites like aeromodeling, cooking and theatre. Personally, I found participating in Theatre TED in term 1 enriching. With a professional theatre artist at the helm, we learnt various techniques like slow motion, and even a traditional exercise from the Keralite art form Koodiyattam. In Film Appreciation TED, we compared classics like Alfred Hitchcock's *Rear Window*, *Dial M for Murder*, to more recent films like *The Usual Suspects*. In Debate TED, we explored the structure of Karl Popper. With such diverse options, TEDs always open new avenues of interest.

### 2022-23 TED offerings include:

Accelerated Art, Aeromodeling, Automobile, Cooking, Electronics, Metalwork and Woodwork, RC Building, Music Production, Video Game Development, Carnatic Violin, Western Music Performance, Chess, Claywork, Crochet, Debate, Digital Arts and Animation, Japanese, Language Learning, Math Exploration, Investment & Finance, Jewellery Design, Kolam, Newspaper, Lilt, Theater, Acapella, Badminton, Basketball, Cricket, Dance, Movie Appreciation, Origami, Short Film Making, Photography, Tennis, Volleyball







Meet 'n'  
Greet





Ms. Nathalie Massé, Cyclist, who rode from France to India to raise awareness about Save Soil

# Guests

This year, we were delighted to welcome a number of esteemed guests from across the globe. From professional musicians to prominent diplomats, university academics and sports personalities. Aside from assemblies, several guests took time to interact with our students and share insights about their fields of expertise.



Mr. Vinod Krishnan, Carnatic Musician



Mr. Ahmad Diab, Oud Player



Major Aaruni Kant Sinha



Dr. Shakthi Upadhyay, Co-founder and CEO of Immunocon Biosciences



Mr. Abhinav Deodhar, Handpan Player



Ms. Tamannaah and Mr. Sidharth Malhotra, Actors



Mr. Aditya Madhavan, Carnatic Vocalist



Mr. Danny Brookes, Designer



Mr. Arunav Deka, Producer, Composer and Musician



Ms. Bulbul Chaudhary, Pro-Vice Chancellor of ATLAS SkillTech University



Padma Shri Dhanraj Pillay, Former Captain of India's National Hockey Team



Dr. Gunasekaran Kumar, Orthopedic Surgeon



Mr. Harshavardhan Neotia, Chairman of the Business Conglomerate Ambuja Neotia Group



Ms. Kalpana Raghavendar, Playback Singer



Mr. Joginpally Santosh Kumar, Rajya Sabha MP from Telangana, Green India Challenge Promoter



Ms. Lucie Pagé, Journalist and Author



Ms. Rachana Ranade CA, YouTuber and Financial Teacher



Mr. Rohit Balaji, IHS Alumnus who was on the road with Sadhguru for his 35,000km Save Soil journey



Ms. Sadhana Badrinath, Regional Head Admissions and Outreach at FLAME University



The Rt Hon Patricia Scotland KC, Commonwealth Secretary-General



Group Captain Pallav Haldekar, Indian Air Force



Prof. Dr. Manish Khanna, Orthopedic Surgeon, former Sr. Consultant of Sanjay Gandhi Postgraduate Institute of Medical Sciences



Ms. Ashrita Keshav, Kuchipudi dancer



Mr. Sahil Jha, 17 year old who cycled across India for 24 months to spread the message of Save Soil





Ms. Ranjani Ramakrishnan, Multi-Faceted Musician trained in Carnatic Music



Ms. Yeore Kim, Mr. Samuel and Mr. Antoine Boyer, Musicians



Ms. Nathalie Massé, Cyclist who rode from France to India to raise awareness about Save Soil



Mr. Sonam Wangchuk, Engineer, Teacher, Innovator and Environmentalist, and Gitanjali JB, CEO & Dean, HIAL



Mr. Sunil R. Gargyan, Carnatic Musician



Mr. Wobusobozi Amooti Kangere from Sadhguru School in Uganda



## Parent Guests



Dr. Vijayaraghavan Madakasira, CeNSE, IISc Bangalore



Major General M Indrabalan, ADG NCC, Bihar & Jharkhand Directorate



Col. Om Bhatia & Dr. Ila Bhatia



Dr. Ravi Guruswamy MD, Internal Medicine



Mr. Satish Sivan, Joint Secretary at Ministry of External Affairs



Mr. Gaurav Bakshi, Founder HelpdesQ.in

### Guest feature article

## Views from the frontline

By Samriddhi Kunwar and Varsha Busani

This year, the political science students had the privilege of meeting Colonel Om Bhatia and Dr. Ila Bhatia. Colonel Bhatia has served in the Indian Army for the past 17 years, and the idea of an exclusive session with him excited us all. He was to talk to us about topics like the idea of nationhood, and the relations between China and India. Who better to talk to us about all this than a man who served in the Kargil War and the UN Peacekeeping Force?

The first session started with a simple question: Do you think India is a state, a country or a nation? The usual arguments that followed a question were replaced by an unusual silence. After dismissing and accepting answers, we finally came to a conclusion that India is all three, a state from a government

point of view, a country from a geographical point of view and a nation from a cultural point of view. It was rather interesting to realise that despite being political science students, we were so careless with our terminology. We had been so used to interchanging these words that we'd forgotten that each had a distinct meaning.

Even more intriguing was our session on Indo-China relations. Again, the words he used struck us. China was a "competitor" and not an "adversary" of India. "An adversary," he said, "would still be an entity we were afraid of, and India is not scared of China. Rather, we are its competitor, fighting for a place in the global market."

Colonel Bhatia also spoke about the Indian Army and drew parallels

between the principles of war and our lives as students in an assembly. In addition, he explained the enrollment process for the armed forces and elaborated on how being a part of the army and serving the nation has played a huge role in his life.

Meeting Colonel Om Bhatia was an eye opener. He brought to the forefront the safety we take for granted and reminded us about the lives of every soldier sacrificed on the border to protect the country. They were remarkable interactions conducted by a truly remarkable personality.





Guest feature article

## Meet Isha Home School's Newest Student

My name is Kappi, and I've recently enrolled at Isha Home School. With such an open curriculum, my parents decided this was the perfect place to pursue my canine aspirations. The past nine months have been wonderful. I really enjoy going on walks with my friends five times a day in wide open green spaces. Since I get lonely, I'm lucky to have so many friends with whom I share so many qualities.

As a mixed breed of Hound and Labrador, even I have silky black hair. Aside from gourmet meals with door to door service, I have an endless supply of cow dung and enjoy the occasional toad. My favourite toys, coconuts, are abundant and I can chew to my heart's content. I play several sports like volleyball, football and really any ball that deflates. I'm truly living the life. But, I'm also

doing my part. I'm quite obedient, if I do say so myself. I'm alert and diligently ward off any intruders at the Home School gate. I keep my skills up-to-date by catching tiny butterflies, but my real dream is to catch a peacock mid-flight. My only complaint is about Mimi, the clinic cat, who regularly gets on my nerves. All in all, I really love my new school!



Guest feature article

## Re-Imagining Education

By Samriddhi Kunwar and Viveka R

The first time I saw SECMOL (The Students' Educational and Cultural Movement of Ladakh) during my Year 1 field trip, I was impressed by its self-sustainability and innovation. We were deeply honoured to host the man behind this school, Mr. Sonam Wangchuk, an education reformist, and his wife Gitanjali JB. Together, they have founded the Himalayan Institute of Alternatives (HIAL).

During this interaction, he told us the reason he started SECMOL. He began with an example. He spoke about the word 'fan' in a Ladakhi textbook. Anyone who has been to Ladakh would have experienced the biting cold of the region, so how would a student, who had never left, understand the need or the

concept of a fan? Not only were the words far removed from their day to day reality, their textbooks were written in Urdu though the language spoken in Ladakh is Ladakhi. This disconnect between the student and given teaching material never allowed them to excel, causing an alarming rate of dropouts and 'failures'. With

SECMOL, he hoped to change this narrative by adapting a more relevant and practical curriculum. Inspired, we asked him how the methods at SECMOL could be replicated across India; he said that you don't always need to do something big, you can start small and make a difference, and it will spread.

He gave us more food for thought by pointing out certain fundamental facts we had overlooked as a society. For example, in architecture, the climate of a region is an important factor. So, how can one learn the architectural requirements for Ladakh, in a German college? Similarly, he said, for him, a success story is not becoming a CEO of a multinational company, but someone who strives to make a positive impact in their community.

Sonamji made us question and ponder over general assumptions about life we had unknowingly made.





Play





## Captain's Speech I

By Choekyi Tonyot

Namaskaram,

My name is Choekyi Tonyot, and I'm currently in 13th grade. Today has been such an eventful and exciting day. After four months of relentless preparation, it's hard to believe that my last Sports Day has come to an end. Sports Day 2022, will always hold a special place in my heart. I would like to thank the Athletic department, and our wonderful P.E. team, the sevadhars, and, of course, all the teachers, some of whom have guided us through it all.

My journey with Isha Home School started in 2017 when I was in 8th grade. That was the first time I stepped out of my comfort zone and left the familiarity of my home. Looking back now, I am extremely thankful to my parents for their decision to send me here.

Everything was new to me, right from wearing kurtis and the food to calling our teachers 'Anna' and 'Akka'. But, I am grateful for many things including the hills that envelope our campus and the unique opportunities we receive, from cutting vegetables in

Akshaya, meeting world-renowned personalities to the endless support that the teachers have shown me over the years. And for this, I must thank Sadhguru.

I never really played sports per se before I came to school unless my brother needed an extra player for his neighbourhood matches. But, in the first few weeks after joining school Rajan Anna looked at me and said, "Kanna, you come for athletics. Five-thirty in the morning." Shocked and confused as to where to come and what to do, I still nodded and replied with,

"Okay Anna." Little did I know that if we wanted to join, we had to wake up by ourselves and reach there before everybody else did. It was a real struggle but by the end of it, I felt this inexplicable satisfaction. In the morning while I ran my laps, it was wonderful to see the night sky fade and change to hues of orange and pink as the sun rose.

There were days where I wanted to scream and just give up. The practice sessions were torturous. Running with a tire tied to me and the wind pushing against me, I wanted to give up, but if there is

one thing that school has taught me it is to never give up. With each passing day, a lap became easier, my breath more stable and the field became a welcome place.

Five years later, when I went for my first athletic meet, our team returned home with 14 medals.

My first Sports Day, when I ran my first 100m race, I came last. Sad and disappointed, I didn't know what to do. But the captains told me that it was okay, and that I should let it go and focus on the next event. At that moment, those simple words

made so much sense, and just felt right. This term, when I was given the opportunity to become a captain and lead a team of my own, it felt surreal. I'd dreamed of being one for a really long time, and it was finally turning into a reality. Kakatiya has become a family of my own and every person on the team keeps me going. There have been times where things just weren't in our favour and it was difficult to continue, but somehow you people just made my day. I would do this all over again, if I had a chance to, and I wouldn't change a single thing. Thank you!





## Captain's Speech II

By Sanjeev Lakshmanan

Namaskaram,

I'm Sanjeev Lakshmanan from 13th grade. I've practically lived my whole life in Isha Home School, and though I'm thankful for every second of it, my 7-year-old self may not necessarily agree. Back in 2nd grade when sleep-talking and bed-wetting used to be an unbreakable habit, my first set of house parents really helped me push through my 1st year of school.

Playing sports was never that big of a deal until my 1st Sports Day. Just

looking at the cheering dancing and the sheer intensity with which sports were played here, I never thought twice about throwing myself into it. As a kid, nothing meant more to me than getting that pat on the back from my captains. Looking up to them with sparkling eyes, on and off the court, they were the coolest people I knew.

Back then, to me, captaincy was about having exclusive clothes, March Past steps, and meetings. But now, it means motivating people and seeing them go through

the same phases that I once did and being able to guide them. Looking back at the last 11 years, and thinking about how I'll be leaving school this year, I will miss giving back to the school, and representing it time and again, for the rest of my life.

Over the past few years, ever since sport and emotion became synonymous in my life, losing has always been a tough pill to swallow. Throughout my time in school, my P.E. teachers have always been there for me and have

made me realize the importance of staying humble and committed, irrespective of what the result is or how well I perform.

Going to the Athletic Meet for the first time this year, I've seen that more than our efforts as students, their commitment as teachers is on a whole other level. Rajan Anna's huge smile after I won my first race said it all. And the feeling of coming back to school, where it all began, wearing that jersey is something that I will cherish for the rest of my life.

Now, at my final sports day in school, I can say that the past four months have been quite a ride.

The Silent March past really does put it all in perspective because, in the end, growing up on this campus and maturing through sports is what Sports Day means to me. There is nothing more I could ask for beyond what I've learnt in school till now.

Lastly, I would like to thank all my teachers, friends, teammates, and, of course, my parents for

supporting me and always having my back throughout my entire journey in school. I also wish to thank Sadhguru for the wonderful opportunities he has given us. Thank you.









**Kakatiya**



**Hoysala**





Chola



Maratha



## ASISC Competitions Sweet Victory

By Param Bagade

Right at the start of the year, in June, Isha Home School jump started its foray into sports. The first competitions were in regional badminton, and we even included Class 7 Prisha Nitin on our team. Hemal Dasari, Shriya Gera, and I qualified for nationals in September, where we placed overall fourth. Though we were caught off guard by the early dates of the competition, we managed to win third place in regionals. Shriya bagged a silver medal in women's singles. Hemal and I came third in doubles.

Upon our return, we started gearing up for the August Athletics Meet. We competed in several running events and long jump. Our efforts paid off when several of my teammates placed in the top three in all the events. The triumphant feeling of returning to IHS with a bag full of medals is something I will never forget.

Not even a week later in August, we left for the regional CISCE volleyball tournament squeezing in as much practice time as possible. This time, we went into the meet a little nervous, afraid that our practice would not be sufficient. As a result, we played with much more vigour and determination. We were really riled up. I'd never experienced such intense synergy and we truly dominated the volleyball court. Other schools began cheering for us, and we felt like we were playing for more than just our school. In the final play, the opposing team missed their serve. We had swept the tournament. Every spectator in the stands came down to congratulate us. There were so many people crowding around us that you could hardly see the floor. It was the first time in many years that any school had beat the reigning champions, St. Jude's. An emotional moment for the whole team and our coaches, Ashutosh Anna and Rajan Anna, we celebrated with proud tears of joy.



## Kho Kho

A team of middle and senior school girls participated in the regional kho kho tournament in the U14 category at MGV Academy School in Tirupur. In the first match, they won by an inning's difference and they lost by a whisker in their second match. The girls played very well and many of the schools present appreciated their performance. Saanika was selected to be a part of the Tamil Nadu state team that was to compete in the Nationals.





## Athletics regionals For the Team

By Shrayya Sudarshan Iyer

“Run Kanna, Run! Take sprint ya!”

Rajan Anna’s words echo through the games field every day at 6:00 am. Though we may moan and groan, that kind of dedication and support really made a difference this year. We had the opportunity to attend the 2023 ASISC Athletics Regional Meet at the renowned Nehru Stadium in Chennai. Though our team consisted of a motley group of senior schoolers, and Shivguhan, a middle schooler, we all got along extremely well. The meet began with the Senior boys 1500m event where Sanjeeva Lakshmanan boosted our morale by securing our first gold medal. Then came the Senior girls 3000m event. I felt so nervous; however, once I began running, my competitive spirit and the cheering of teammates propelled me to the finish line and I bagged a silver. Seeing Rajan Anna’s proud smile was enough to make my week. We screamed from the bleachers when our teammates ran their races for the rest of the meet. We came back to school early the next morning proudly holding a bag of fourteen medals.



## Athletics nationals

### A New Perspective

By Choekyi Tseten Tonyot

Out of the twelve who participated in the regional tournament, Sanjeeva, Arvind Raghavan, Sudhanthira, and I represented Tamil Nadu for the Nationals held in Pune. The boys participated in the long distance events of 3000m and 1500m. Sudhanthira participated in the 400m races and also placed third in the U-17 relay team. I ran for the 400m races and was selected for 800m and the U-19 relay team.

Since the Nationals were during our winter break, training during vacation was extremely difficult, and we had to constantly motivate each other over text. Unfortunately, the tournament did not pan out as we expected, and we were unable to place. However, this experience gave me a whole new perspective on the athletic talent that exists in our country. Observing the determination and skill of our competitors, I felt motivated to completely immerse myself in everything I do and push myself to become a better athlete.



## Basketball By Hemanth Konda

### Regionals

This year, our school was one of ten who participated in the CISCE Regional Basketball tournament held at The Vikasa School, Tuticorin. As the defending champions, we sought nothing less than that elusive golden trophy.

We lost the first game, but pushed through the next two to reach the quarter-finals, which was by far the most memorable game. Our intensity was unwavering the entire game and resulted in a powerful win against St. Jude’s Public School & Junior College Kotagiri. We were set to play Vikasa in the finals, the team that beat us in the first game.

Unfortunately, we couldn’t defeat them, but I’m still proud of what we were able to achieve. Two players from our school, Daxya Thapa and I, were chosen to represent Tamil Nadu in the national tournament.

### Nationals

Tamil Nadu had never won the National CISCE Basketball Championship before. However, this year our exceptionally strong team had high hopes to win it all. The National tournament was held from the 6th to the 9th of November at The Vikasa School, Tuticorin.

The demanding ten-day boot camp from 25th October to 5th November allowed the team to build chemistry and individuals to increase stamina until we could pretty much run all day.

We breezed through our first three games, dominating AP & Telangana, Northwest, and Kerala with scores of 52-14, 49-18, and 56-31 respectively. In the quarter-finals, our intense defense and perimeter shooting helped us triumph over Maharashtra 61-23. The finals came down to us versus Karnataka. We won 64-44 and made sports history.

The tournament was an amazing experience for both Daxya and I. The beautiful thing about sports is that language is never a barrier. Neither of us knew Tamil, but we still merged well with the rest of the team. Four players from the Tamil Nadu team, including myself, were selected to represent CISCE in the SGFI tournament.







*Celebrate*



# Dhyanalinga Consecration Day

By Ashwin Subramanian

On this special day, students were taken house-wise to visit the Dhyanalinga temple. Artists who offered musical renditions of Sufi, African, Native American and Christian genres also visited the school to share it with the students.



# Guru Pournami

Students and teachers of the entire school assembled in Vajra to complete their morning practices. In the evening, the Ashram was treated to a special cultural performance in Adiyogi Alayam featuring music and dance by the students and teachers of IHS.



# Independence Day

To commemorate India's 75th Independence Day, the Rt. Hon. Patricia Scotland KC, Secretary General of the Commonwealth of Nations, and Shri Harshvardhan Shringla, Chief Coordinator of India's G20 Presidency hoisted the flag at the Adiyogi in the presence of Sadhguru. IHS students performed a traditional pinnal kolattam for the occasion. Meanwhile, at school, Middle Schoolers put up an exhibition on India @ 75. Additionally, that evening, the students of Senior School put together a cultural performance for the school consisting of a skit extolling the praises of our freedom fighters as well as a medley of folk songs in Indian regional languages.







## Janmashtami

By Ashwin Subramanian

The birth of Lord Krishna was celebrated with a special assembly showcasing regional folk songs, such as 'Baluni Rasiya', as well as a vibrant folk dance. The event was followed by the traditional 'Matki Phod' where students were blindfolded and attempted to break a hanging pot of butter. In the evening, a delicious meal was served while songs praising Krishna played in the background.



## Ganesh Chaturthi

The birthday celebrations of the elephant-headed lord included exhibitions of Senior School songs and abhangs as well as a Junior School dance performance.



## Founder's Day

This year, for the occasion of Founder's Day, students chose to explore Sadhguru's connection to music. Students from across the school presented Sadhguru's poems set to music as well as a composition written by him in a previous lifetime. Finally, Senior School theater students enacted the timeless 'So Long, Farewell' from the musical, 'The Sound of Music'.







## Onam

By Ashwin Subramanian

Onam was celebrated with all its integral aspects: the delicious Onam Sadhya (a 25-course meal), a presentation of Kaikottikali and folk melodies, and the creation of aesthetic flower rangolis, also known as pookalams. The celebration was organised by Class 9.



## Karthigai Deepam

Karthigai Deepam was hosted by Class 10 and 13 this year. In a special assembly, Arun Anna explained the mythological origins of the festival. In the evening, students decorated their houses with mud lamps to add to the spectacularly illuminated ashram ambience.



## Navratri and Vijayadashami

During the nine day festival, interested students were given the opportunity to attend the music and dance festivities at the Suryakund Mandapam which showcased a variety of renowned and upcoming artists including Sivasri Skandaprasad and Isha Samskriti.

Garba-raas nights were held in Vajra. On the tenth day, students placed their study material and musical instruments in Tarana as an offering to Devi. This was followed by a special pooja and performances by senior music and dance students.





## Christmas

Christmas morning, the Juniors sang their favorite Christmas carols and went caroling around the school. Elizabeth Akka and the students of Middle School presented a special choir performance in assembly. Throughout the day, interested students made cookies which were devoured at a special dinner. This was followed by a screening of a Sadhguru Exclusive video on Jesus for Senior School. Sadhguru had come a few days prior and participated in a cookie making session with a few students.



## Ring in the New Year

On New Year's Eve, Junior School and Middle School students participated in a mela hosted by the Middle School students. This was followed by a movie, a special rendition of Middle School's Got Talent and lamp lighting at midnight.

Students of Senior School had the opportunity to be part of a special New Year's Eve Satsang with Sadhguru. Upon returning, 'Glass Onion: A Knives Out Mystery' was screened followed by the countdown, cake cutting and midnight games at Vajra.

To ring in the new year, the Class 8 and 9 students put together a mela consisting of a variety of fun games and activities for the entire school. The Senior School theater students presented a collection of two comedic plays in the evening.





# New Year's Eve Theatre



## A Pleasant Surprise

*By Sooryakanth Indrabalan*

This year, the Student-Directed Theater Production was a whole new experience. Typically, the play's directors handle all of the planning and management, while the actors simply perform. However, due to a tight deadline, our small cast and crew along with the directors of "Fruit Skins" ended up contributing to each aspect of the performance. In all honesty, I was doubtful, and I didn't have high expectations for the play, but in the end, we pulled off a show that everyone enjoyed!



## Complimentary Upgrade

*By Eira Paranije*

Working on the theatre production, "Baggage Unattended" tested my resilience and enhanced my leadership skills. Since it was a Student Directed Theatre Production (STDP), Ushma and I produced and directed the piece independently with our theatre teacher, Hitesh Anna's, support. We rehearsed every scene numerous times, but there was always something that felt incomplete. We took some risks and started improvising on top of rehearsing some parts exactly the same way. I can assure you, my patience and stamina have never been tested like this before. But it was worth it. Not only did I learn how to act like a man, but I also learned how to add levity and lightheartedness to my role. In the end, we put on a great performance. Considering my non-existent sense of humour, making the audience laugh so much was truly a remarkable feat. As a result, I feel much more confident in my acting abilities and look forward to more opportunities in the future.





# Pongal

By Kaashika Kaur

The shining sun cast a luminous glow on the mandapam nearest the school entrance on the morning of 16th January. It was finally Pongal! Students, dressed in their best, were eager to celebrate the long-awaited festival with their friends and families.

This year, we celebrated Pongal with the participants of Indogenius' Reimagine India Study Tour from New Zealand. Not only was it a first visit to India for most of them, but it was also their first time experiencing the essential parts of this much loved Deccan festival: making delicious pongal and using traditional colours of white and brick red to create exquisite kolams.

After the final step of mixing ghee and jaggery into pongal, the Kiwis (an affectionate term for people from New Zealand) took pictures of all the various activities. In the Coconut Circle, people chomped on juicy sticks of sugarcane until their mouths were sore. Others stretched their arms to pet the cow and her calf as they were being fed. Finally, everyone assembled for the traditional pooja. Our friends left with sweet memories, both figurative and literal, and another fun-filled Pongal at Isha Home School was brought to a close.



# Republic Day

In Sadhguru's presence, flag hoisting for the entire ashram was conducted in school this year. Students of IHS rendered a medley of patriotic songs from yesteryear movies while Isha Samskriti presented the evergreen 'Vande Mataram' composed by Subramanya Bharati. IHS dance students presented a short dance on 'Apni Maati.' This was followed by a 'Citizens Cafe' hosted by the Class 11 students for Class 8 and 9. The school assembled for a moonlight dinner and a movie in the evening.

## Sadhguru's Republic Day Address

**Sadhguru:** We are a very loosely-knit nation, which has been our unique nature and our strength. We have not come together because of sameness of race, religion, or language. Unfortunately, we have taken an enormous beating in the last 600-700 years because the diversity of the nation was misused in so many ways. The invading and occupying forces saw our diversity as a tool to divide and rubbished us in so many ways. A very systematic and organized way of destroying the economic backbone of the nation happened. What was the most industrialized nation on the planet about 300 years ago became a subsistence farming nation - just scratching the earth to survive - in a matter of 150 years. This did not happen because of any natural conditions or cultural upheavals;

this happened in an organized and strategic way.

Whether you recognize it or not, without economic resilience, nothing else can be preserved, be it our culture, our values, or our very deep-rooted spiritual process. Though many cruel attempts were made to destroy the spiritual ethos of this nation, the reason it survived was because this is not a religious process - there is no one particular head anywhere. It lived because it was in every home. There was no one organized way of doing it. So, people who came from outside never understood how to destroy it, because there was no head to cut off. After nearly 700-800 years of invasions and occupations, we have still largely retained our culture - everything from our clothing to language, to

music and literature. This is the only culture which has survived the onslaught of outside invasions and occupations for generations.

This is something all the young people should contemplate, "What is it that kept us together?" I will not tell you. I want you to figure out. For thousands of years, though we cook, eat, speak, write, sing, and dance differently, what kept us together as one nation? There were times when there were over 600 kingdoms here, but in spite of that, people who came from outside still recognized us as Hindustan or Bharat because there was something running through all of us that was common. We must find that common thread and strengthen it. If you find it and write to me, I will tell you how to strengthen it.





# Yaksha & Mahashivaratri

By Ashwin Subramanian

This year, students had the opportunity to experience a variety of classical art forms presented during the Yaksha festival: Jayateerth Mevundi's Hindustani vocal performance on day one, Shashank Subramanyam's Carnatic flute performance on day two and Madhavi Mudgal's Odissi dance group on the final day.

The chief guests for this year's Mahashivaratri celebrations were the President of India Smt. Droupadi Murmu as well as the Governor of Tamil Nadu R N Ravi. Attendees were treated to intense meditative processes, Sadhguru's discourses and spellbinding musical performances by several popular and regional artists including Sounds of Isha. Eminent artists included Rajasthani folk singer Mame Khan, award-winning sitar maestro Niladri Kumar, Tollywood singer Ram Miriyala and Tamil playback singer Velmurugan, to name a few.

Art students had the opportunity to support designer Rupin Suchak in creating the spectacular backdrop and stage design.





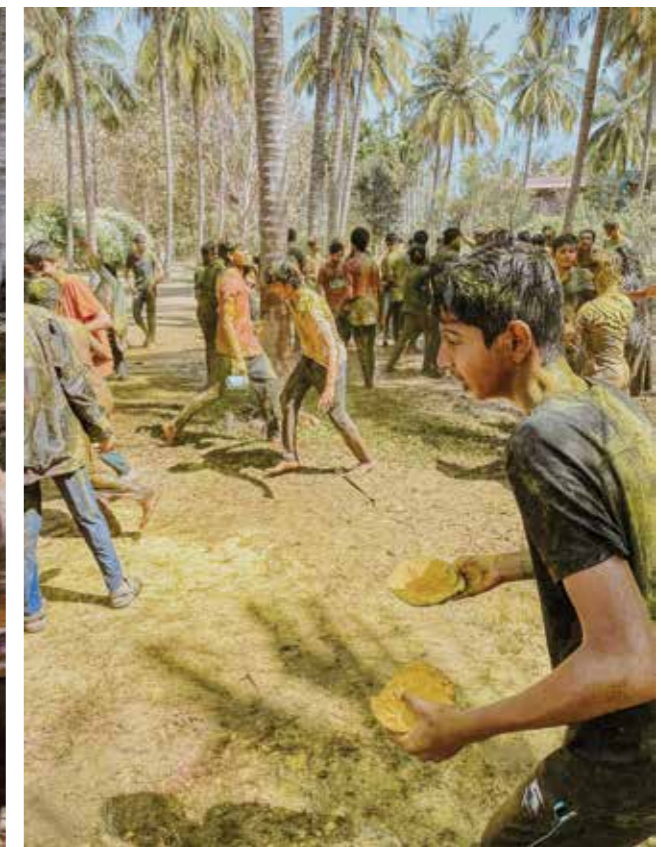


# Holi

By Viveka R

A moment of silence marked the calm before the storm. A fierce war cry resounded from the small junior schooler. SPLAT! The battle had begun. Pink, blue and yellow powder misted the air and festive music poured out of the speakers. Holi 2023 was officially on. Armed with natural neem and turmeric-based powders, Holi was played with exuberance and involvement.

In the evening, Sudarshan Anna's Periscope Retro music team regaled us with melodious renditions of evergreen Indian classics. This was followed by the much anticipated moonlight dinner, since that afternoon, the entire school came together to prepare a sumptuous dinner of piping hot puris with potato sabzi, dum biryani and raita, bhel and traditional thandai. A flavourful meal and perfect end to a colorful day.





## 10th Grade Farewell

**Farewell ...  
for now!***By Srimayyi Sarathi*

Bidding 10th graders farewell is always a bit confusing since some people return to school for the 3-year program while others leave for good. Many may wonder if it is necessary or not, but I feel the term would have felt incomplete if we hadn't had a day to celebrate our time in school together as a grade and the milestones we have achieved.

After lunch, on the 24th of February, after half a day of classes and prepping, we were told not to leave our houses until further notice. Once our juniors finally let us out, we realised they had needed time to prepare a surprise treasure hunt. I laughed as curious onlookers stared at us sprinting around the school searching for tiny pieces of paper. We did everything to obtain the next clue, from struggling in a game of tug of war to receiving a handshake from the school's dog, Kappi.

An hour later, we arrived in front of Gnana Shala, dressed in our best special occasion wear for photos. In the evening cultural program, the 9th graders, and even our teachers, entertained us with unforgettable skits, songs and dances. And, of course, the culturals would not have been complete without our own performances. This was followed by a special dinner in the Assembly Hall and a movie! The hall was elaborately decorated with lights and flowers, and dinner included cheesy burritos, bruschetta, ice cream and gulab jamun & blue lemonade. Overall, the whole day was a memorable way to have fun and spend time with our friends. Though many of us may return to school, it was still worth being able to say goodbye to those whom we had spent so many years with.





## 13th Grade Farewell

# So Long, Farewell

By Pranav Acharya

It's always weird to go from giving a farewell to receiving one in what seems like the blink of an eye. The farewell we gave to our seniors was still fresh in our minds the morning that we were going to get ours. The day started off with a brilliant breakfast of pancakes and chocolate syrup at CMM. Next was a first for all of us 13th graders: our first time *playing* the original game Hunter Meister, which our grade invented the previous year. Being on the flip side filled us with pride as our legacy continued and our juniors pulled it off perfectly, with their own creative additions. After an exhausting two hours in the midday sun, we had no time to rest since we had to prepare for our performances. Finally, at sunset we walked into Tarana, decked out in suits and sarees. The winter wonderland decorations our 12th graders had put together in such a short time made us feel special but also gave a strange sense of deja vu. Wasn't it yesterday that were the ones behind the lights? And now we were the ones under them. We enjoyed memorable performances and welcomed another decadent meal of spaghetti with potato wedges and a cheese sauce to 'melt' for. The evening concluded with an open dance, and as we danced the evening away, I realized how much I would come to miss these little things. Even as I write this, just days before I leave school, I still am reeling from the thought that my journey here is coming to an end. But after a farewell like that, I cannot think of a better way to end it.







## Teacher's Day

By Srujana Sankar

The world celebrates the 5th of October as Teacher's Day, but in India, the 5th of September is celebrated as Teacher's Day to honour the birth anniversary of India's second President, Dr. Sarvepalli Radhakrishnan, who was also an extraordinary teacher. Here, at Isha Home School, we plan a special day where we reverse roles. We take up the role of being teachers, and have our teachers explore activities like origami, dance, poetry, percussion, karate and photography; this includes taking charge of waking up our reluctant peers, supervising their yoga and dining and even becoming their class teachers for the day. As a culmination, the teachers perform and share what they learned throughout the day and we enjoy a special dinner together and laugh over the unforgettable events of the day.



## A Fond Farewell

By Pushpa Agarwal

I was five when I was asked whether I wanted to join a boarding school. I had no idea where Coimbatore was, but I knew I would not see my parents for a while. So naturally, I asked two important questions before making a decision: "Do they give watermelons?" and, "Do they give muskmelons?" As you can see, five year old Pushpa had very clear priorities. Since the answer to both questions was "yes", so was mine. Obviously, I had no idea what I had signed myself up for.

The first day of school was shockingly enlightening, when I discovered I literally would not see my parents for a minimum of two months! It was disorienting, but I got used to it. But, even more confusing was the menu.

For several weeks, I wondered why they didn't serve dosas every day in what was supposed to be South India. Eventually, I realised that dosas weren't the only South Indian food, and with each new experience, I forgot my homesickness. I learned to enjoy school.

I have done things I don't think I ever would have done if I had not joined IHS. In the past twelve years, I've had a complete school life in the non-traditional, Home School way. I cannot begin to fathom the entirety of what this place has taught me. This place has shown me all that beauty, friendship and a desire to teach can accomplish. I am grateful to all the teachers here who have helped me grow. I distinctly remember when I was

in 10th grade, and I wasn't sure if I was capable of studying history. Now, here I am contemplating a degree in history thanks to all the inspiration from and effort of my teachers. I had the opportunity to explore as much I wanted to, switching streams and subjects as I wished. Teachers here made sure I learned something beyond the textbook. I thank all of them for showing me the joy of learning, and I hope to stay true to myself in all my future endeavours.



**Autographs**







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