

NMS CONNECT

MONTHLY NEWSLETTER

From the Editor's Desk

WRITTEN BY PAKIN PONGPAIBOON

Behind Mahatma Gandhi, there was Gopal Krishna Gokhale. Behind JJ Abrams, there was Steven Spielberg. Behind Oprah Winfrey, there was Maya Angelou. Behind Luke Skywalker, there was Obi-Wan Kenobi. And behind Bruce Wayne, there was Alfred Pennyworth.

Behind the stage, concealed from the spotlight, there is a presence that plays a pivotal role in getting that thunderous applause from the audience. This presence guides us and makes us believe in ourselves even when no one around us does; it is our guiding light which shows us the way even in the darkest of nights. Like the winds that advance the tides, mentors encourage us to move past our limiting beliefs and find the possible in the impossible.

William Butler Yeats once said, "Education is not the filling of a pot but the lighting of a fire". For us students, it is our teachers that we look up to and seek guidance as our mentors; it is they who ignite the flame within us.

In light of the upcoming Teacher's day, We would like to thank our teachers and mentors who are the actual force behind our achievements - big or small- the people who have been our biggest cheerleaders and those who have guided us and molded us to become the person we are today. After all, it is only with the help and the invaluable insights of our mentors that we will be able to overcome any challenge and scale great heights.





Rising Above Challenges

WRITTEN BY ISHITA GOYAL

Covid-19 has dramatically changed and affected all our lives, be it students, parents, teachers, or leaders. Overnight, homes were turned into classrooms, and schools were propelled into a virtual world. The shock waves of that eruption have driven all of us to accept a virtual educational environment that has been riddled with difficulties.

These challenging times have, however, been made easier by our teachers who have given us the much-needed strength and support. "Throughout last year and this year too, our teachers have gone the extra mile for us students. They have ensured our education is not compromised.

Our teachers have been working out of school hours and scheduling extra classes and doubt classes for those of us who have missed out on classwork due to connectivity problems. We are extremely grateful to all of them," a class 12 student said.

Regular breaks have also been integrated into the class schedules in order to ensure students get relief from continuous screen time. Not just this, in order to ensure students' mental and physical wellbeing, the school staff organised an early-morning yoga workshop and also periodically scheduled sports classes. It is only because of the support and encouragement of our teachers that we have successfully carried out various online

"It is only because of the support and encouragement of our teachers that we have successfully carried out various online events..."

events including the virtual fair, the literature festival and most recently The Jaipur Debate," another class 12 student added.

Our teachers have balanced their own personal needs and have been completely invested in students and their education. On the occasion of Teachers' day, we would like to extend our gratitude to the entire teaching staff at Neerja Modi school, for making our shift from offline to online education seamless. It is because of the collective effort of the faculty that we students have been provided with an unparalleled learning experience.

"A teacher takes a hand, opens a mind and touches a heart."

UNKNOWN

The Story Behind 'Mentor'

BY AAIRA GOSWAMI

The origin of the term mentor lies in the famous Greek mythological book, *Odyssey*, by Homer.

The Greek king of Ithaca, Odysseus, had to leave the city in the hands of his son Telechamus to capture the city of Troy. Before he left, Odysseus appointed a guardian for his son, named Mentor. Mentor's role was to guide and protect Telechamus so that he would be able to control the state of Ithaca during the absence of his father. One would assume that this is the reason why we use the term Mentor. Interestingly, there is more to this story.

Mentor, in fact, turned out to be an incompetent guardian, and Telechamus ended up being an indecisive and insecure person. The Greek Gods, luckily, kept an interest in the common man's lives, and Athena, the Greek goddess of wisdom, was particularly invested in the journey of Odysseus. She wanted him to have the throne once he returned from



On the left, with a cane is Telechamus. The older person on the right is his appointed guardian, Mentor.

his famous journey, after the capture of Troy. Athena, hence, shapeshifted into Mentor, the appointed guardian, and helped Telechamus claim his authority and defeat others who tried to overthrow him, so that Odysseus would have the throne once he returned. This is why we call people who guide us Mentors.

As for the linguistic origins of the term, the word "ment" means to think or reflect, which puts forth the idea that a mentor allows one to think and analyze, hence learn. And so, this is how the term Mentor originated.

Mentoring Matters!

WRITTEN BY ANIKA JOSHI,
EDITED BY PRISHA PODDAR

Students often get caught up in the rigmarole of school work, extra curriculums and exam preparations that they forget one of the most essential things for their overall development - finding a mentor and forming a close bond with them. Such relationships can not only help them excel in academics but also prove to be good for their mental health.

Studies have shown that people with mentors have better confidence levels than those without. Confidence levels are closely linked with mental health. Depression usually occurs due to low self esteem and feelings of worthlessness. Mentors provide a comfortable space for their mentees to share their ideas, experiment and not have any fear of judgement. Getting validated by someone you look up to can increase confidence levels and thus help in altering your state of mind for the better. Mentorship can also alleviate anxiety and reduce stress levels.

The WHO estimated a global cost of \$1 trillion per year due to lost productivity because of depression and anxiety. In such situations, having a mentor to turn to and share one's struggles may prove to be helpful. Undergoing mentorship can help change negative premonitions and provide hope for future success.

The psychological benefits of mentorship are not only restricted to mentees but are passed on to the mentors as well. Harvard Business Review conducted a study about the positive effects of mentoring on mentors and discovered that people who were actively involved as mentors experienced lower levels of anxiety, and described their job as more meaningful, than those who did not.

In conclusion, mentorship can be a mutually beneficial experience for both the parties involved. A mentor's guidance can unquestionably provide mental support and help build a positive mindset for a mentee whilst simultaneously also giving mentor the satisfaction of making a difference in someone's life and making the world a better place through their guidance.

An Interview with Shiba Maggon, a Coach Par Excellence

PRISHA PODDAR SPEAKS TO FORMER INDIAN WOMEN'S BASKETBALL TEAM COACH AND ALSO THE FIRST INDIAN WOMAN TO BE AN INTERNATIONAL FIBA REFEREE SHIBA MAGGON ABOUT HER MENTORING EXPERIENCES WITH THE INDIAN TEAM

What is the importance of a coach in a sportsperson's life? What percentage (according to you) of success of a sportsperson depends on their mentor/coach?

I have always talked about the 5 Ds of success- Determination, Dedication, Discipline, Desire and Direction. The first four are inputs by the athlete, but I believe that the last one - Direction - is the most crucial since if you do not have the right coach who believes in you and guides you in shaping your journey and future, then the first four Ds mean nothing. I also believe that we as mentors and coaches are responsible for the growth of the child, not only professionally but holistically too in all other spheres of their life. The athlete's and coach's journey goes hand in hand with both being equal contributors to the athlete's success.

Please tell us about your transition from being a basketball player to becoming the coach of the Indian women's basketball team.

The transition to being a coach was very smooth for me. I always trained extra hard as an athlete. I always had questions about certain skills and game strategies. I started finding answers to all these questions myself. So when I started coaching, I knew all the queries that an athlete will come across and I already had answers to all of those. The only additional skill as a coach I worked on was connecting with the mind of an athlete, as each person has a different process of thinking. As a coach, you are the shadow of your athlete so I made sure I was honest and hard-working, which inspired my athletes.

Do you/did you have a mentor? Please tell us about your experience and learnings as a mentee/player.

Yes, I do have a mentor and I'm forever grateful for her. When I was an athlete and was learning my sport at SAI Chandigarh, it was the first time that I had lived outside my house. I had lost my sister in an accident around the same time and was grieving her loss. Being in a sports hostel was difficult and new for me and on top of it losing my only sister was the most difficult phase in my life. The director of the



hostel, Mrs Sushmita Joshi, knew well what I was going through and stepped in to show me the path of life and success. Often when our success is delayed, either we give up or get disheartened. In my case I was disheartened, but I was lucky to be around her who kept reinforcing my dream of representing and performing for Team India.

What is the most rewarding part of being a mentor/coach?

The most satisfying part of being mentor is seeing your mentee understand what is the meaning of achievement and success in life. And when they do that, you earn your respect as their mentor.

What do you think of India's performance in the Olympics? What do you have to say about Neeraj Chopra's achievement?

We have come a long way to secure 6 medals but we still have a long way to go as a country with one of the largest population, we sure have great talent which should be nurtured at the right age.

The journey of an athlete is always lonely with big sacrifices made to be where they are and Neeraj Chopra is a great example of that. He believed in his goals, sacrificed all his leisure time in training and disciplined himself and the result is in front of the world. We are all proud of him.

What is the ideal age for a child to start professional training in basketball?

The ideal age to be introduced to basketball is 7 years. The scientific reason is the early age of puberty starting around 9/10 years, which favours better results. Thus it is advised to start early.



NMS Charcha

ALL THAT TRANSPIRED IN THE NMS COMMUNITY AND MORE

The Jaipur Debate

The Jaipur debate was organized in two phases this year for the first time - the event for seniors took place from August 12- August 14 in which Delhi Public School International emerged as the winners and the event for junior classes took place on August 16 and August 17 with Cathedral And John Cannon School bagging the top spot. The event provided a platform for over 40 teams from across the world to engage in deliberate on topics ranging from free vaccinations to advocating for refugee protection.

Spectacular grade 10 results!

NMS students Vedika Gupta and Udit Bansal scored 98.6% and 98.4% respectively with 53 students scoring 95% and above. The IGCSE results were equally promising with Devansh Dhabhai with A* grade in all 10 subjects and Aira Goswami with A* grade in 7 subjects. Students scored 61 A*s across different subjects.

Economatrix Fair

The Interschool Economatrix fair held on August 20 had students dive into the mind-boggling world of economics as they engaged in speaker discussions, captivating debate competitions, quizzes and video-making competitions.

AIC-NMIMS entrepreneurship workshop

AIC-NMIMS incubation center organized a workshop to enhance the entrepreneurial knowledge of students by making them aware of the different factors to be considered when they have a startup idea such as checking its viability and proof of concept.

Online Independence Day Function

On the occasion of India's 75th Independence day, the school came together to celebrate India's pride and patriotism in an online function.

Upcoming Events

Hindi Divas

On 14 September 1949, our national language Hindi was made the official language of India. In keeping with past years, the day will be celebrated with the same exuberance and enthusiasm in school. Students will perform plays, verses and speeches to raise awareness about our mother tongue and celebrate this day.

NMMUN

NMMUN 2021 is now set to be scheduled on 8th, 9th and 10th of October. Neerja Modi Model United Nations is an annual student-run conference that has been hosted by the school for the past twelve years. It brings together delegates as they represent various countries and communities to deliberate on issues of global importance, ethics and ideals as they showcase their perspectives.

Inter-School Cultural Meet

The Inter School Cultural Meet will be organized for session 2021-22 from September 6 to September 8. The theme for the same is "States Of India". It is 3-day virtual event with students from numerous schools participating from grades 1 -5, 6-8 & 9-12. Exploring the States through different performing art activities will give a glimpse of varied culture and rich values in our day to day lives. Participants will also showcase their artistic and creative side through poetry and brainstorm with Mathemagic and Quiz.

Live Reporting Competition

Speech is a tool used to manifest our creative thoughts, feelings, imaginations and convey information. With this aim, the Live Reporting Competition is being held. Here the participants will individually be engaging in on the spot reporting. Each participant will be given 2 minutes to share their thoughts on the given topic. The topic will be given on the spot. Participants can also involve the crowd in their performances. Participants will be judged on stage presence, creativity and interaction with the crowd.

TedX

TedX Youth NMS 2021 is scheduled to take place on September 20. It is an annual event that unearths global voices to initiate conversations that matter. Through a series of invigorating guest speaker talks, the event has the potential to modify the way that today's youth-the leaders of tomorrow-engage with the world around them.



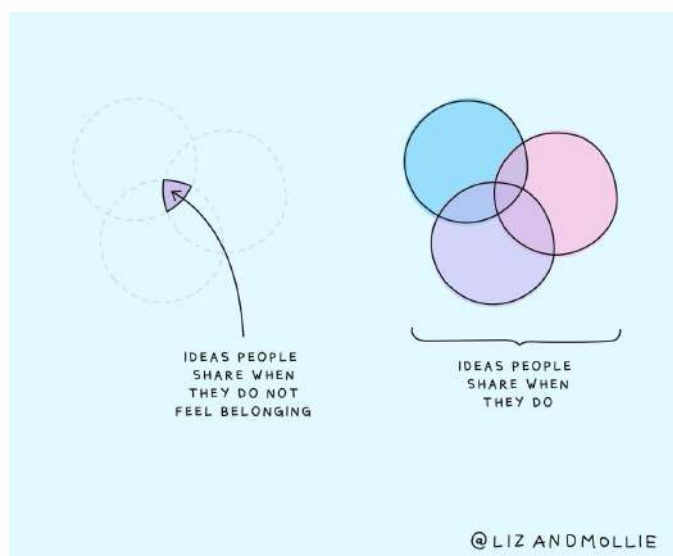
Alumna Talk!

VARDHMAN LUNIA SPEAKS TO NMS ALUMNA AND FOUNDER OF THE ALUMNI MENTORSHIP PROGRAM SUDHI MATHUR ABOUT HER MENTORING EXPERIENCE

What according to you are the most important qualities in a mentor?

That's a hard question! Every mentor has a slightly different leadership style. If you ask specifically about me, my utmost priority is creating a comfortable environment for everybody - one that promotes a healthy work-life balance.

As a mentor, you direct discussions and the way people are interacting with each other, so if your mentees witness aspects of a welcoming, open environment for their ideas - they feel a sense of belonging that makes them want to be more involved.



Mentorship is a customized way of growth. Your mentoring approach must be flexible and customized for every mentee. This involves paying close attention to what inspires them, how they present their ideas, their thinking patterns, and aspects that make your mentee and the ideas they're presenting unique.

As a mentor, you're discussing your mentee's aspirations the path of learning that might be most suitable for them. You're also constantly checking in with them with questions like "Are you comfortable with this path?", "What do you think about our approach?", "How would you want to learn this?" to adapt to your mentee's pace and comfort zone.

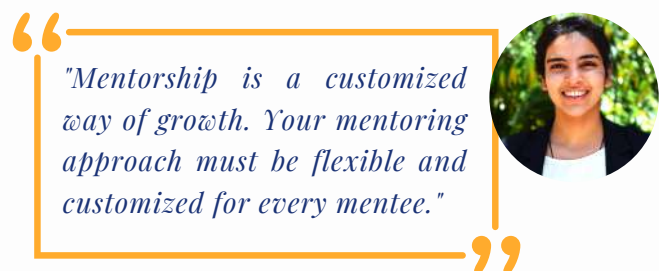
Do you have a mentor? What role has he/she played or is playing in shaping your career?

Throughout my high school and undergraduate journey, I was fortunate to have quite a few mentors.

My first mentor was bold enough to fill the gaps of my understanding of a futuristic career plan and walk me through challenges I hadn't even thought about. Then of course, there was my research mentor in college. I wouldn't be anywhere without them. As an undergraduate, when you're researching, you have minimal idea about the field and for a Professor to invest that kind of time explaining things to me was an absolute privilege. My mentor took care of me all the way from clearing basic concepts to recommending internships and advising me on where to apply for graduate school.

You started the Alumni Mentorship Program which has been hugely successful. Could you tell us more about your program?

The Alumni Mentorship Program's idea birthed when we reached out to Alumni Ria Golecha to guide Khushmita Dhabhai, and they completely hit it off!



They talked about Khushmita's interest in international relations, her application, and much more. That opened an idea that maybe we could connect one student with one Alumni who shares the same interest for them to mutually share resources and learn from each other's experiences.

Meanwhile it had been three months of training Lavanya Maheshwari in communication techniques, and she became the second student we connected with a mentor. Right after Lavanya and her mentor Alumni Tanya Sanghi's introductory call, Lavanya reached out to me with a level of happiness and comfort I had never heard in her voice before! Tanya guided her through her interest in Psychology and went beyond academics to touch on personal reassurance.

The first two connections went really well, so we channeled our efforts into exploring this idea further. That's how it all started in September 2020, and that's how we got to writing professional emails, training a committee in Alumni outreach. Every once in a while, we facilitate gratifying student-alumni connects, and that's what inspires us to keep going!

What is the most challenging thing about being a mentor?

Working around people's schedules is daunting. Our teammates have such vastly different schedules that it makes it challenging to find a time that works for everyone!

My most prominent experience with mentoring people has been with holistic application review for overseas applicants, and with communication and outreach techniques. Communication is something people are so sensitive about, that if they're not in their comfort zone they wouldn't be able to communicate authentically. So it falls back on recognizing people's comfort zone and mapping techniques to into their comfort instead of the other way round.

Also, when you start a program. You eventually recognize that you can't carry it through on your own, You need your team and mentees to come

up with their own unique ideas. Often, your mentee might present something that you haven't thought before, and you want that environment of mutual growth - both for the mentee and for yourself.

What have you learnt/gained from your mentoring experience?

When I went from being a mentee to a mentor, my perspective changed as I realized that it's really easy for a mentor to gauge their mentee's idiosyncrasies, learning preferences, comprehension patterns, work ethic, and investment. As a mentee you don't realize those aspects that your mentor picks up on and you're not mindful of whether they come across authentically or not.

When you go through the challenges of becoming a mentor, you grow into a more thoughtful mentee. You realize how to present your idiosyncrasies in a way that your mentor can understand you better. You learn how you're being interpreted, how you could more authentically express yourself, convey problems that you're struggling with, and be more transparent with your mentor. You understand the needs of your own work environment and how to look for mentors you would be most compatible with.

At the end of the day, your mentor and you would most probably have much more in common than you think!



Dronacharya's Art of Mentoring

WRITTEN BY PARJANYA TIWARI,
EDITED BY AIRA GOSWAMI

The concept of mentorship dates back to the very beginning of our being. In Indian mythology, it is portrayed through the roles of Gurus, Meaning teachers or mentors.

Dronacharya, one of the most respected characters in the epic Mahabharata, was a mentor to both the Pandavas and the Kauravas. He played an integral part in their upbringing and "Shiksha". He taught them the art of war, perseverance, and patience. Dronacharya held possession of the most esteemed and important weapons including the Brahma Staff and taught the princes the skill of weapon-wielding.

When the Pandavas met their soon-to-be Guru for the first time, they were taken out to an open field and were asked to play near a tree. Under that very tree, Dronacharya laid a bow and an arrow, a gada and many swords and spears. He noticed that all of them picked up the weapons that appealed to them the most, just like he had predicted. So, he began training them in the weaponry they had picked, and gradually, they all became highly skilled. Dronacharya here exemplifies a mentor who took his students' wishes into account and skilfully trained them to excel at what they chose. He respected their will and gave them the power to determine their future trademark weapon.



(Representational Image)

Guru Dronacharya epitomized a successful mentorship. A great example of this is the Panchal incident. Its cause dates back to Dronacharya's Gurukul days. He befriended Drupada, the heir to the throne of Panchal, and helped him with all his tasks as Drupada was not as proficient as Dronacharya. Drupada in turn felt indebted to Dronacharya for his teachings, and thus thought of expressing his gratitude by giving him half of his kingdom after he became the king. Dronacharya, being the noble human that he was, gently refused his offer. Drupada, however, said that he would help Dronacharya unquestioningly in his time of need .

After a few years, Dronacharya needed Drupada's help and remembering the promise he had made, went to his aid. Dronacharya was surprisingly ridiculed by everyone, including Drupada, who had become egoistic. This mockery enraged Dronacharya. He vowed that day that he would make them pay. Dronacharya equipped and instructed the Pandavas to defeat King Drupada and bring half the kingdom to him as Gurudakshina. He put his faith and confidence in them. The five Pandavas put up a fierce battle by themselves with no assistance from the army.

Dronacharya's training proved to be highly effective as the Pandavas were able to defeat and capture King Drupada. Dronacharya used this moment to remind Drupada of his false assurance and let him wallow in shame. Drupada remorsefully accepted his mistake and pleaded for forgiveness. Seeing the ashamed individual, Dronacharya mercifully forgave Drupada for his ruthless act.

Continued...

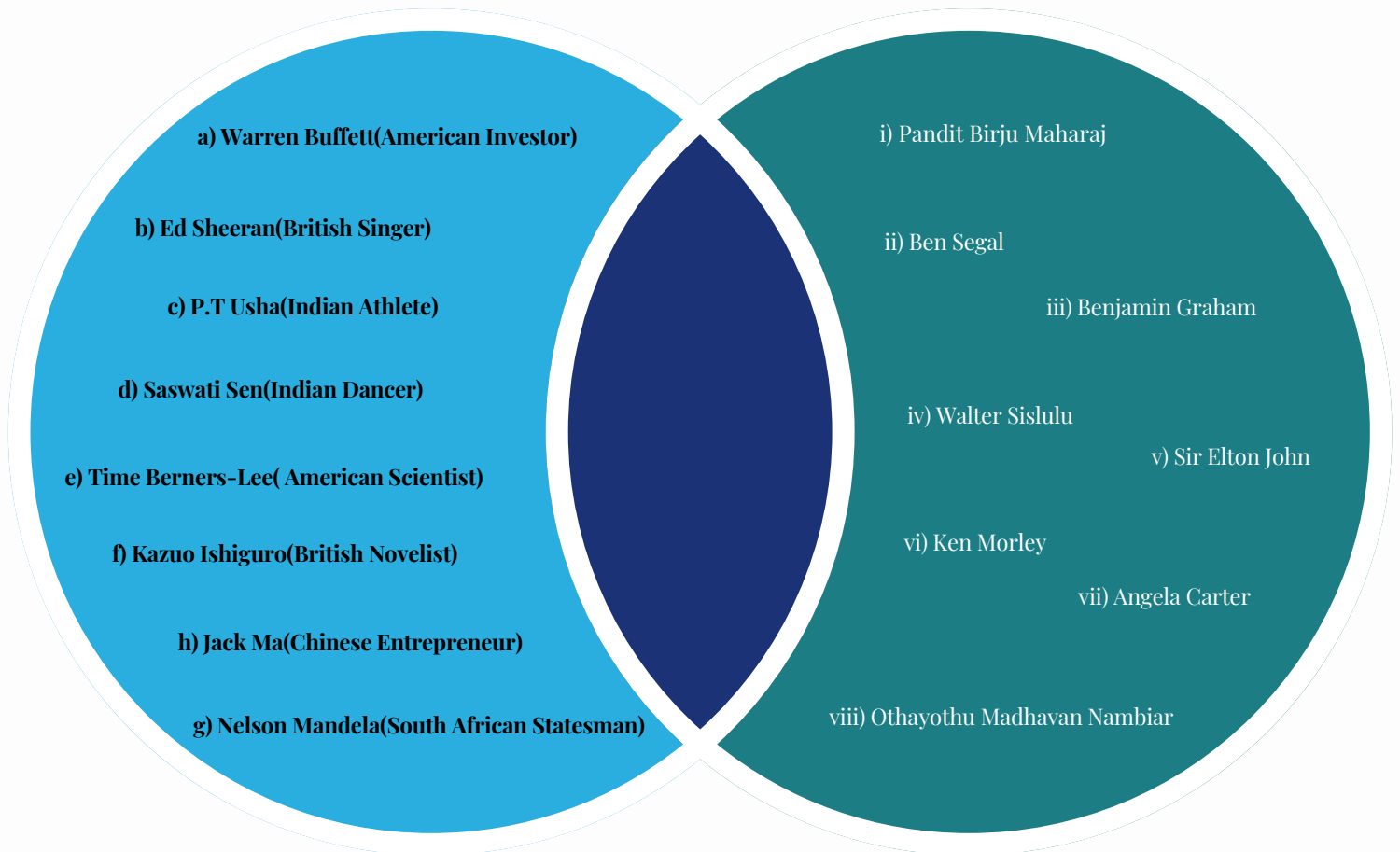
The incredible aspect of this entire incident was the skill and prodigious effort of the five Pandavas, who defeated a king and his entire army by themselves. This proves that proficiency is more important and valuable than numbers, a crucial lesson that Dronacharya realised and passed on to his disciples.

During the Kurukshetra war, Dronacharya was bound to side with the Kauravas, in spite of strongly disagreeing with Duryodhana's plan to banish the Pandavas, due to his loyalty to the city of Hastinapur.

He had trained all of them, so he knew their strengths and their weaknesses, which is why he was a highly valuable asset during the war. He was one of the most powerful and adept warriors who contributed largely in the war. After the fall of Bhishma Pitamaha, Dronacharya became the Chief Commander for the Kuru army.

He was an exemplary Acharya, and his mentorship initially equipped the Pandavas and Kauravas with the necessary battle skills and abilities, for which they remained eternally grateful.

WHO MENTORED WHOM?



Answer Key: a-iii, b-v, c-viii, d-i, e-ii, f-vii, g-iv, h-vi

NMS Musings



(Representational Image)

The Unsung Heroes

BY TVISHA GAWADE

Patience in their minds
 Love in their hearts
 Guidance in their thoughts
 Concern in their anger

They light our path which leads our life
 They brighten our future with their lessons
 They embody humility and rise from the adversities
 They turn their worries and pain into strength

Students never forget a mentor
 For they are the unsung heroes of the world
 Who deserve the appreciation they rarely receive
 With my fondest of affection, with all my love, I am proud to say
 My mentors shaped me as who I am
 and I appreciate them from the bottom from my heart

For the dawn of each ruler, poet and philosopher
 Began with a mentor and the wisdom they brought
 For the rise of each great man and woman to ever live
 Began with a mentor and the wisdom they brought

What's Making News

National News

India records new Covid 41,965 cases in the last 24 hours

Study says pollution may cut 9 years of life expectancy of 40% Indians

40 people, mostly children, die due to suspected dengue in Uttar Pradesh

International News

US withdraw last troops from Afghanistan, ending 20-year war.

Monitoring the Covid Variant 'Mu', says WHO

Iran has stepped up the Uranium enrichment process to near weapons-grade.

Sports News

Bhavina Patel and Nishad Kumar win silver medals, javelin thrower Sumit Antil wins gold. China comfortably lead medal tally at 104, followed by GBR at 60.

August 7th will be remembered as 'Javelin Throw Day' in honour of Olympic gold medalist Neeraj Chopra.

Historic transfer window ends: Ronaldo to Man United, Messi to PSC, Mbappe stays.

All India Football Federation (AIFF) has appointed Sweden's Thomas Dennerby as the new head of the Indian Women's senior national team.

Science News

Humans could safely fly to Mars, round trip to take 4 years, says study

NASA's Landsat 9 satellite launch delayed due to liquid nitrogen shortage: Space agency

July 2021 has become the hottest month globally to be ever recorded, according to the National Oceanic and Atmospheric Administration (NOAA).

Worth A Watch!

WRITTEN BY SARA CHAUDARY

MOVIES BASED ON MENTORSHIP AND ITS IMPORTANCE WHICH SHOULD BE ON YOUR WATCH LIST

GOOD WILL HUNTING

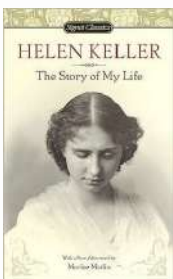


Good Will Hunting - this is a story about a 20-year-old self-taught genius who works as a janitor at MIT and whose life starts to change for the better when MIT Professor Gerald Lambeau catches him solving an extremely difficult mathematics problem with ease. Will, is once prevented from getting jailed by the professor, under two conditions- Will studies Mathematics under the professor, and participates in therapy sessions once per week. Will starts to open up to Sean, the therapist, and accepts him as a friend. Sean prevents Gerald's expectations of Will from overshadowing his aspirations and helps Will find his identity along the way. This is a film about learning to face the demons that haunt us and taking a step towards the future. A movie about relationships between, friends, between lovers, between rivals, and between 2 mentors and a mentee, and how they affect each other.



The Mentor that Matters- Suzanne Fox, the author, believes that in every life, there is at least one person, the one mentor that matters. A person who instigates passion in your life, who ignites in you the spirit of working harder. Be it a friend, who stands by you to be your constant support, or an

educator, academic or creative, whose knowledge inspires you to learn more, parents or another family member whose care and wisdom acts as a helm and steers you away from irreversible mistakes, and encourages you to achieve your boldest dreams. Be it a celebrity or even a stranger, a single piece of inspiration can act as your mentor for life. This book shares the perspectives of forty unique individuals as each speak about one person who unforgettably changed their lives.



The story of My Life- is an autobiography of the world-famous author and educator, Hellen Keller, who had lost her sight and hearing due to a disease at the mere age of 19 months. The book details the experiences Hellen had in her life, the most prominent ones being the events with her teacher, Anne Sullivan. Anne taught Hellen how to

communicate by spelling words into her hand, the first one being d-o-o-l. Keller describes Anne as her teacher and constant companion. While recalling the fond memory of being taught the word "water" Hellen shares how the

A mentor is someone who allows you to see the hope inside yourself.

OPRAH WINFREY

experience of learning about the living world with Anne awakened her soul, gave it light and hope and set it free. The bond between Keller and Sullivan portrays how the right mentor, through their guidance, can make substantial changes in one's life.



Dangal - a biography of the famous Indian women wrestlers Babita and Geeta Phogat, the movie showcases how their father, Mahavir Singh Phogat, who is also a wrestler, believed that his girls were no less than boys. Thus, he wanted his daughters to be wrestlers and bring fame to the country. Though resented at

first, the mentor led his daughters to become national-level wrestlers. The biopic also portrays how an inferior mentor led one of the girls to disregard the disciplines she was taught by her father, making her overconfident. However, through Mahavir's mentorship and belief in his mentees, Geeta became the first Indian female wrestler to win gold at the Olympics. Famous dialogues include -"Gold toh gold hota hai ... chhora lave ya chhori"

Editor-in-Chief:

Pakin Pongpaiboon

Senior Editors:

Prisha Poddar
Aryan Luniya
Aaira Goswami
Vardhman Lunia

Graphics-in-Charge:

Amrasha Bafna

Senior Graphic Designer:

Prianjali Hada

Teachers-in-Charge

Aashna Harjani Engineer
Arpita Gupta

Special Thanks:

Namrata Pandey
Apoorva Pushpita

Write to us: editors@nmsindia.org

The views expressed in the articles are the authors' personal opinions and do not necessarily reflect those of NMS Connect