



# Garodian Alumni Times



September 2019

## *From the Editor's desk*

Dear friends,

It gives me great pleasure to present the very first 'Garodian Alumni Newsletter' to you.

Our Alma mater, P.G. Garodia School has completed 50 years of its glorious existence this year and the Alumni Association was formed to commemorate this significant achievement.

We are indeed glad to bring forth the first edition of the newsletter in September to coincide with the School Founder's Day and Teacher's Day.

Through this newsletter, we aim to bring you all salient events occurring at school, details of the Alumni meets (that happen through the year), the Counsellor's column, Life-coaching articles, philosophy and spiritual ideas, community topics, health bits, recipes, humour and many more.

As Don Bartolovic quoted:  
"A trip to nostalgia now and then is good for the spirit"

We would love to know about your special memories of school that you now want your friends to know too! Do share them for publication in the issues to follow, which will be released every quarter.

We do have a long way to go.... and we have embarked on this journey together with all your love, support and encouragement.

Hope you enjoy reading it and we sincerely look forward to your opinions, comments and contributions at : [alumni.newsletter@pggarodia.org](mailto:alumni.newsletter@pggarodia.org)

Signing off for now...  
Dr. Sumitra Venkatesh, Batch of 1989  
Editor, Garodian Alumni Times

Looking forward to your contributions in big numbers on topics that you find interesting and feel worthwhile to share. We, the editorial team will also appreciate your comments to help better ourselves in the years to come.

As proud Garodians, we march ahead with our heads held high and as the legendary Dr. Sues says: "Oh the places you'll go,  
today is your day!  
Your mountain is waiting  
So...get on your way!!"

The PGGGS Alumni Association has its own mission and vision statements in the Charter and has quite a few activities planned with the school to help the current students viz. facilitating visits and field trips to factories/industries/hospitals and other work places (where the alumni are attached to); handwriting improvement sessions, conduct environmental issues awareness programs, etc.

Hence, here we are with the first Alumni Newsletter... 'Garodian Alumni Times' !

As the renowned poet Robert Frost penned down:  
"These woods are lovely, dark and deep  
But I have promises to keep,  
And miles to go before I sleep  
And miles to go before I sleep"



# Counsellor's Column

## Doing "Useless" Things Is Important



In an ever-growing technology and data driven world, much of the focus in education has understandably taken a shift toward STEM-based (science, technology, engineering, and math) initiatives that will prepare students for the coursework and careers of the future. But life skills-how well equipped students are to make good decisions and solve problems in their academic and professional careers as well as their personal lives- should also play a critical role in a well-rounded and comprehensive education.

### What are Life Skills?

According to WHO (World Health Organization), Life Skills are the abilities for ADAPTIVE and POSITIVE behavior that enable the individuals to deal effectively with the demands and challenges of EVERY DAY LIFE. Life Skill is a behavior development approach that addresses a balance in the three areas: viz. KNOWLEDGE, ATTITUDE and SKILLS. For example, an adolescent boy/girl is able to manage their time for doing household chores and studying for exams when there is no helper or adult around.



### Life Skills can be categorized as:-

- **Thinking Skills:** focuses on building self-awareness, Critical thinking, Problem solving, Decision making and Creative thinking
- **Social Skills:** focuses on building Effective Communication, Empathy and Interpersonal Relationships
- **Emotional Skills:** focuses on Dealing with Emotions and coping with stress

### Potential Benefits of Life Skills

- It helps students to develop self-confidence and successfully deal with significant life changes and challenges, such as bullying and discrimination.
- It gives them a voice at school, in their community and in society at large.
- It enables them to make a positive contribution by developing the expertise and experience they need to assert their rights and understand their responsibilities, while preparing them for the challenges and opportunities of adult and working life.

Ms. Mitali Shah & Ms. Ankita Dandekar  
School Counsellors  
P. G. Garodia School



# Alumni Event Calendar

## CRICKET TOURNAMENT

Date : Sunday, 8th December 2019

Venue : P.G. Garodia School Ground

Time : To be announced shortly

For Details or Queries: [alumni.cricket@pggarodia.org](mailto:alumni.cricket@pggarodia.org)



## ANNUAL GENERAL MEETING

6:00 to 7:00 P.M. Followed by Entertainment and Dinner

Date : Sunday, 22<sup>nd</sup> December 2019

Venue : P.G. Garodia School Auditorium

## PGGS Alumni Association's One Time Registration

1. To submit your details, go to <http://www.pggarodia.org/alumni.htm>
2. Towards membership of the PGGS Alumni Association, you are required to remit an amount of Rs.1,000/- (Rupees One Thousand only) by cheque / demand draft / pay order favoring "PGGS Alumni Association" (to be sent at School Address to the attention of "PGGS Alumni Association") or preferably through PAYTM by following the below mentioned steps:

By clicking here go to :<https://paytm.com/education>

**Step 1:** select your institute location >>> State MAHARASHTRA >>> City MUMBAI

**Step 2:** select your institute >>> P G Garodia School

**Step 3:** fill in required details Name, DOB, Batch, Email, Mobile, Profession, City (presently living in)

**Step 4:** proceed for payment of Rs. 1,000/-.

# *Alumni Activities So Far...*

1. The Elections for the Alumni Committee was conducted on the 5<sup>th</sup> of April 2019 during the AGM held in the School Auditorium.
2. Our Association's Committee Members, Maitri Vora and Rakesh Suneja attended the Annual Orientation Programme on 31st May 2019; organised by our School for the students passing out from Class 10. Maitri presented our Association's activities and goals to the students and parents. The top 3 rankers of 2019 were felicitated by Rakesh. This shall be an annual event of our Association with School and a platform to welcome new batches to our Association.
3. The Annual Prize Day (2018-19) of the school was held on 14<sup>th</sup> June 2019 at the Fine Arts Society. The Chief Guest for this event was Mr. Jatin Lodaya CA (also an alumnus of our school). This is also a regular feature where an alumnus will be invited to be the chief guest. Ishwar Nankani and Rakesh Suneja represented our Association.
4. The Independence Day celebration of the school was attended by Rakesh Suneja.
5. In keeping with our Association's mission, in a meeting held in August 2019 with School's Principal, Mrs. Mitali Rudra, Shobhita Rajesh and Aekta Doshi discussed the commencement of Handwriting improvement classes and field trip to a hospital for students of our School. Also, they along with Zenobia Nankani discussed programme for teachers on the developmental stages of the child with practical tools to facilitate classroom interaction.

We would request all to definitely read the Charter that is available on the Facebook page of school

 : [PGGS Alumni Association](#)

 : [PGGS Alumni Association](#)

You can reach the PGGS Alumni Association at [alumni@pgharodia.org](mailto:alumni@pgharodia.org)

# *The Alumni Committee*

## **2019-2020**

**President:** Ishwar Nankani, Batch of 1983

**Vice President:** Rakesh Suneja, Batch of 1985

**Treasurer:** Purvi Dalal, Batch of 1990

**Joint Secretary:** Vikas Puthran, Batch of 1985

**Joint Secretary:** Minal Mehta, Batch of 1994, Teacher

### ***Members of the Committee***

- Dev Bakshi, Batch of 1984
- Nishant Garodia, Batch of 1985
- Jogen Desai, Batch of 1986
- Sonal Varaiya, Batch of 1986
- Amresh Thakker, Batch of 1987
- Kamini Mehta, Batch of 1987
- Monika Chheda, Batch of 1988
- Raaja Gokulgandhi, Batch of 1989
- Ritu Joshi, Batch of 1989
- Sumitra Venkatesh, Batch of 1989
- Aekta Doshi, Batch of 1992
- Hiten Parekh, Batch of 1994
- Nandita Popat, Batch of 1994
- Nishant Thanki, Batch of 1998
- Maitri Vora, Batch of 2013
- Bharati Mehta, Co-opted - Teacher
- Shobhita Rajesh, Co-opted - Teacher and Batch of 1985

# *The Editorial Board*

- **Editor:** Sumitra Venkatesh, Batch of 1989
- **Co- editor:** Siddhant Shah, Batch of 2019

### **Members of the board :**

- Ishwar Nankani, Batch of 1983
- Dev Bakshi, Batch of 1984
- Navil M.D., Batch of 1985
- Rakesh Suneja, Batch of 1985
- Shobita Rajesh, Batch of 1985
- Nishant Thanki, Batch of 1998

Send us your opinions, comments  
and contributions at :

[alumni.newsletter@pggarodia.org](mailto:alumni.newsletter@pggarodia.org)