



# THE WISDOM HIGH TIMES

A Wisdom High International School Chronicle



**Proud Moment: WHIS celebrated the incredible Journey of our student Mast. Sahil Parakh, a cricket player, who plays for the Under 19 Indian Cricket Team and is the 1st Nashikite to play for India. During his visit, he shared how he balanced studying with playing, which inspired all the students. We are so proud of you, Sahil-keep shining!**



*Congratulations*

**Wisdom High Group of Schools has been honoured with the prestigious *Excellence in Technology Integration in Education* award at the 31st Elets World Education Summit 2024 held in Mumbai. Congratulations to the entire Wisdom High community for this well-deserved honor!**



## Congratulations!



*Ms. Bhagyashree Patil, an educator at WHIS, has been honored with the Foundation Builder Award 2024 by Chitrakoot Gurukul, Ahmednagar. Previously, she ran her own preschool, catering to toddlers aged 10 months to 4 years, before joining Wisdom High International School to continue her impactful journey in education.*

**Mrs. Neelam Verma, Head of the Hindi Department at WHIS, was honored with the prestigious Devanagari Language Award 2024 on December 1, 2024. Recognized for her education to promoting Hindi, the award was presented by the Devanagari Uthan Foundation, which has been advancing the Hindi language in South India and globally for over a decade.**



**Ms. Shambhavi Wadekar (Gr.6), Ms. Kaushiki Sahsrabudhe (Gr.7), Ms. Diya Kochar (Gr.8) has won 3rd position Team Championship at the DSO State Level Rhythmic Gymnastics Competition which was held at Balewadi, Pune.**







**WHIS SMC Boys team (Mast. Darsh Ghate, Mast.Pratyush Bhusari, Mast.Hridaa Kthavade) has secured 2nd position at VIBGYOR 3x3 Basketball event.**



**WHIS GOC Girls team (Ms. Vidhi Lodaya, Ms. Aryahi Deo, Ms. Diya Bamb, Ms. Durva Wani) has secured 2nd position at VIBGYOR 3x3 Basketball event.**



**Ms.Shreenidhi Kulkarni(Gr.5) GOC has won Gold medal in 50M butterfly, Silver medal in Breast stroke, Back stroke and Freestyle at SSK Club, District level, Swimming Competition.**



**Ms.Mukta Kulkarni from Gr. 2 GOC won Silver medal in Freestyle and Backstroke in SSK Club, District level, Swimming Competition**

Student's Name	Campus	Competition / Competitive Exam	Result
<b>International Level Achievement</b>			
Stavan Chowdhari	Gr 10 SMC	Design Championship	2nd place in senior category Web Designing at National Level
Ethan Gardner	Gr 8 GOC	3x3 Junior NBA Basketball tournament, Mumbai	Selected for the National level tournament to be held at Delhi
Vihaan Choudhary	Gr 9 GOC		
Shone Deshmukh	Gr 7 GOC		
Dhruv Bora	Gr 9 GOC		
Parth Roongta	Gr 7 GOC	Global Math Debate league	Selected for the National level
Anoushka Shah	Gr 7 GOC		
Neel Gawale	Gr 7 GOC		
Bhakti Tajne	Gr 12 GOC	DSO Division Level Lawn Tennis tournament	2nd place , selected for the State Level
Viraj Pawar	Gr 12 GOC		5th place, selected for the State Level
Gyan Rathod	Gr 6 GOC	DSO District Level Kick Boxing	Selected for the Division Level
Vedant Bhandari	Gr 11 GOC		
Mariyam Khan	Gr 12 GOC		
Piyush Bhamre	Gr 10 SMC		
Shree Mahajan	Gr 10 SMC		
Yash Patil	Gr 8 SMC		
Ilisha Gawli	Gr 4 SMC	VIBGYOR 3x3 Basketball Tournament	3rd place
Sara Joshi	Gr 5 SMC		
Arvi Deshmukh	Gr 5 SMC		
Rachel Rebello	Gr 7 SMC		



**Ms. Kiaara Samnani (Gr.2) SMC has secured 2nd runner up position at Mind Sports Championship, Dubai.**



## Chairman Sir's Birthday:



## Managing Trustee's Birthday:



Dear Manish Agarwal Sir's birthday was celebrated at the both the campus with the staff arranging a mini-concert. The students made birthday cards for Sir and sang birthday songs. Treats were distributed to the students .

It was a wonderful celebration where the students came up with amazing performances for our dear **Ms. Ritu Agarwal ma'am**. This was followed by a musical concert presented by the performing arts team and the cake cutting ceremony with the staff wishing ma'am many happy returns!

**Your visionary leadership, guidance and dedication have been the driving force behind our continued success.**

**May the year be filled with joy and may your vision continue to inspire us all.**





## Class Picnics :



**Our young explorers from Nursery, Jr. & Sr. KG embarked on their picnic adventure to Kanetkar Park, Mamacha Mala and Nirmala Ganga Bird Park. Children experienced the train ride, bullock cart ride and the huge swings. They also observed different birds in the bird park. This picnic was a celebration of childhood!**



**Students from Grades 1 to 4 SMC and GOC enjoyed a memorable picnic at Golf Ground, Niphad. The day included a fun Zumba session, followed by a lively free dance, and engaging sports activities.**





**Students from Grade 5 enjoyed a picnic at Baswant Honey Bee Park which was amazing! They learned about honeybees' history, lifestyle, and work methods, and explored various honeybee products. It was both fun and educational!**

**Students from Grade 6 visited Magic Forest (Wada) for an adventurous picnic. The activities were adventurous ,exciting and fun filled.**



**Students from Grade 7 and 8 visited Sajjan Trails (Wada) for an adventurous picnic. They enjoyed thrilling adventurous activities like zip lining, rock climbing, rope walking and many more. Overall they made great memories!**



## Children's day and Founders day :



The Founder's day was observed by the lighting of the lamp, garlanding and honoring the vision and legacy of our founder Smt. Rukmanrani Ji Gupta, which was then followed by children's day celebration, where students enjoyed various activities planned by teachers. At LWI , a thrilling magic show was organized. The day was filled with joy and kids enjoyed every bit of it!

## Gurunanak Jayanti Celebration:



The day was celebrated by sharing information on the Guru's teachings with the students.



### Mensa Eco Tour:



**WHIS Mensa had organised an Eco-Tour to Jawar for Mensans and gifted students. The tour emphasised on leadership ,teamwork and sustainability. During the tour, students also explored Ramkhind village, Jawhar Palace reflecting the region's rich heritage.**

### Hyderabad tour :



**The students of WHIS had an unforgettable trip to Hyderabad, exploring Ramoji Film City, Charminar, and the Salar Jung Museum, soaking in history and heritage. The fun continued at Snow Park and the Zoological Park. They also explored the Birla Science Centre, Hussain Sagar Lake, and the Golconda Fort, making lasting memories.**

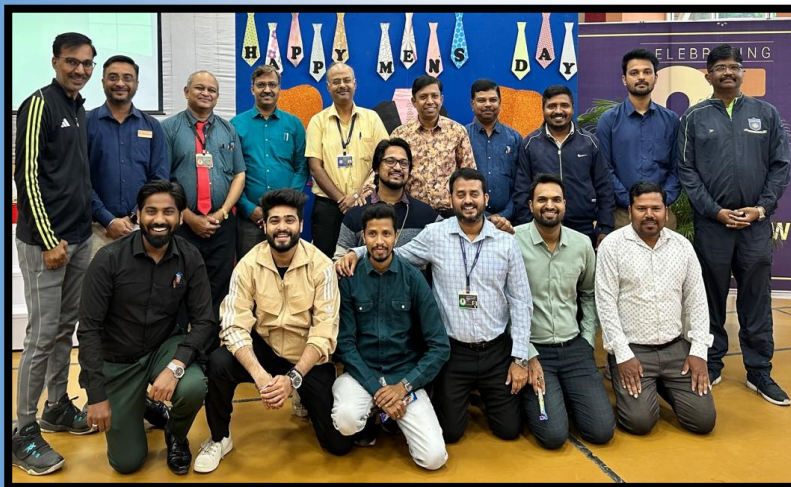




### Walkathon:

On a bright and breezy morning, our kids brought the town alive with the energy of community spirit as the Kids Walkathon took center stage. Among the participants, our students performed a delightful series of songs and dances, along with the little ones riding their bicycles, who truly made the event one to remember!

### Men's Day Celebration:



WHIS celebrated Men's Day, a fantastic event, which was organized by the talented Gr. 7 and 8 council students, who had planned hilarious comedy, engaging activities, and fun sports activities for the male staff members.





## Christmas Party:



Christmas was filled with joy as students performed a drama and carols for their younger peers. The festive spirit continued as students took pictures at the Christmas décor. Teachers organized activities for students, and everyone enjoyed the treats served.

## House of Miracles:

WHIS added excitement to Nashik's Winter Flea (House of Miracles) with vibrant activities and performances. Students showcased their talents through singing and dance, while highlights included a Silent Disco, a Toddler Zone with safe activities, and a DIY Corner sparking creativity. The school created a joyful space for fun, learning, and community bonding.



## Sports day:

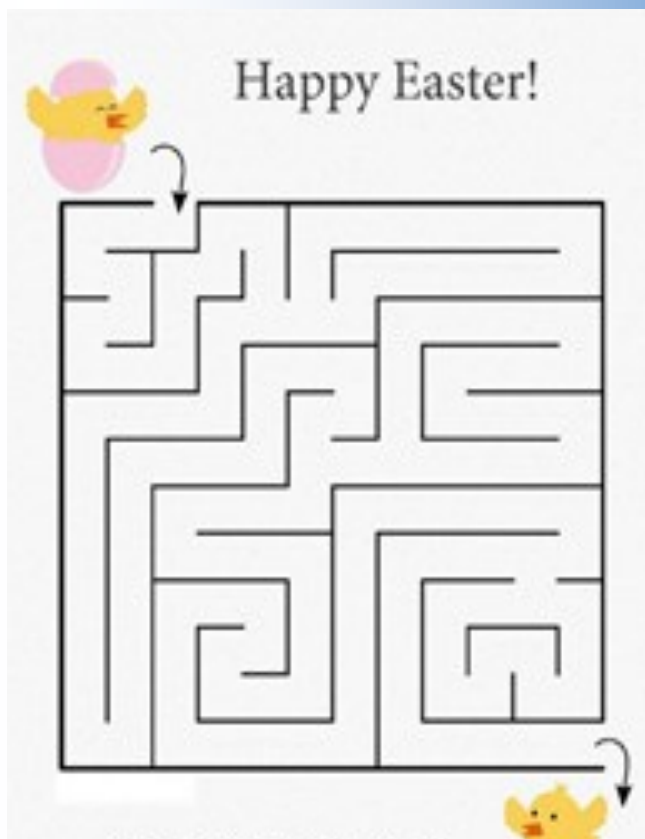
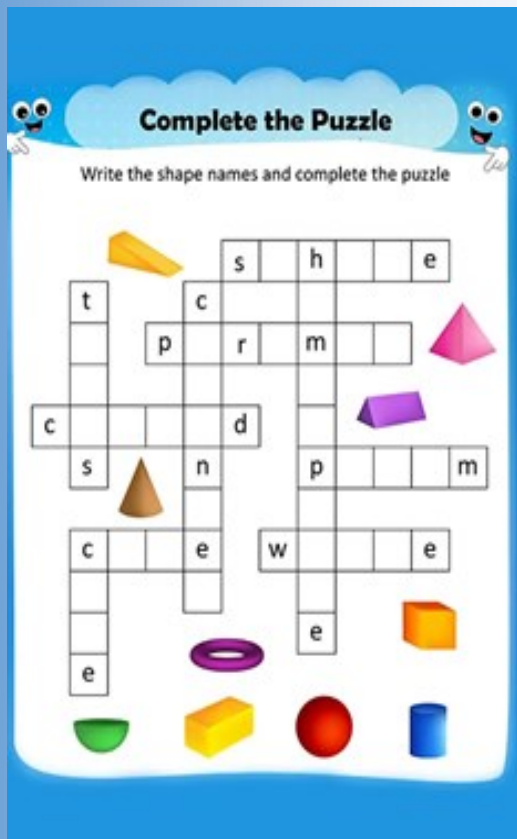


The playgroup's Sports Day encouraged participation, confidence, and joy. Tiny torchbearers ignited sportsmanship, showcasing agility in races like hurdles and toy races, with proud teachers cheering and applause for all participants.

## Forest walk:



Kindergartners explored the forest, observing trees, leaves, plants, mushrooms, and insects. They learned about nature's importance and the need to care for and preserve it for the future.



**Puzzle:** A car has 4 tyres and 1 spare tyre. Each tyre can travel a maximum distance of 20000 km before wearing off. What is the maximum distance the car can travel before you are forced to buy a new tyre? You are allowed to change tyres (using the spare tyre) an unlimited number of times.

TYRE A: 20,000 miles

TYRE B: 20,000 miles

TYRE C: 20,000 miles

TYRE D: 20,000 miles

TYRE S (spare): 20,000 miles

**What is the maximum distance a car can travel using these 4 tyres and one spare tyre, interchangingly?**

EG

By: Ms. Advika Chandratreya  
GRADE 8 Cambridge, GOC.



## Italy

One of the most ancient countries in the world, Italy is known for its renowned artists and their illustrious paintings, along with its remarkable architectural structures that created history. People in this nation are very friendly to tourists. Rome, the capital of Italy, lies in the central western region with a land area of 1285 km<sup>2</sup>. Let's dive in to explore some more exciting and fun facts about 'Il Bel Paese'!

### Cuisine and Refreshments

Millions of tourists visit Italy for its delectable dishes and original beverages. Did you know that pizza was first created in this country itself? That means there's truckloads of various cheeses available! Lasagna and Bolognese are both different types of pasta that are very popular. Italy is also well known for its creamy Risotto consisting of rice, butter, saffron and parmesan. Talking about beverages, wine and coffee (especially Espresso) are an integral part of Italian gastronomic culture. And of course, not to forget dessert, we have gelato and Crostata



### Art and Architecture

Like I said before, 'il Bel Paese' is a popular destination for its wonders of artwork and buildings. Leonardo da Vinci and Michelangelo are still considered as inspiring painters in Italy. Da Vinci created an attractive portrait called Mona Lisa in Florence. Today, it is hung in the Louvre Museum, Paris. Michelangelo is also known for painting the Sistine Chapel ceiling and the soaring dome of Saint Peter's Basilica both in Rome. Coming to architecture, did you know that Italy is known for producing some of the most expensive and luxurious marbles? Architectural structures like the Colosseum, an amphitheatre built during the Roman Empire, is one of the Seven Wonders in the world. The Leaning Tower Of Pisa is a freestanding bell tower which is famous for its nearly four degrees tilt. Bonanno Pisano was the brilliant architect of this tower.



### Different capitals of Italy

Some of the most demanding cities of the world lie in this country. For instance, Milan is renowned not only as the Fashion Capital of Italy, but also of the whole world! Via Montenapoleone, an upscale shopping street, is considered the world's most expensive street. Some shops like Armani, Dolce & Gabbana, Versace, Roberto Cavalli, Valentino, Pucci, Gucci etc. are present here. The Galleria dell'Accademia displays Michelangelo's David Sculpture. Venice, commonly called the City Of Water, is known for its beautiful bridges, striking architecture and winding canals. It is incredibly famous for the Shakespearean play 'The Merchant Of Venice'.

To put it all together, Italy is absolutely gorgeous and a diverse nation. It is a dream that keeps returning for the rest of your life. Its welcoming community makes the country a joyful place to travel.

By: Mast.Atharva Patil

Grade 8 Cambridge,GOC



## THE WORLD'S BIGGEST PROBLEM - SOLVED ?

Looking at the title, you might be wondering what exactly the world's biggest problem is. Is it population explosion? Nope. Is it garbage? No. Well then what is it? You may ask...

In a gist, It's Climate Change. This refers to long-term shifts in temperatures and weather patterns. I'm sure we've all heard our teachers go on and on and on about climate change, but why is it such a problem?

Climate change is impacting health in a myriad of ways, including by leading to death and illness from increasingly frequent extreme weather events, such as heatwaves, storms and floods, the disruption of food systems, increases in zoonoses and food-, water- and vector-borne diseases, and mental health issues. But worry not my friend, As a team of intelligent scientists are putting on their capes and solving a persistent problem. Arctic Reflections, the name of this team, are working in tirelessly in the polar regions of the arctic. They have created a solution to save the Arctic ice: increase its volume by pumping water onto the existing ice sheets. When pumped over the ice, Arctic sea water freezes quickly due to the low Arctic atmosphere temperature. The pumping produces thicker ice sheets, less likely to melt completely during summer. Whilst a promising idea due to its simplicity, it requires further exploration to determine the most effective approach for achieving scalability. This brings me to our conclusion: Humanity knows no bounds. While the entire world laughs at memes, these fearless pioneers work day and night in some of the coldest parts of our planet and save our generation from impending doom.



By: Mast. Ahaan Sarda  
GRADE 8 Cambridge, GOC.



## **The Burden of Perfection:**

### **Struggling with the Pressure to Be "Perfect"**

In today's world, perfection feels like the ultimate goal, a lofty but ever-present standard against which we measure everything about ourselves—our grades, our appearances, our friendships, our social media presence. Yet, despite the constant striving, the more we chase perfection, the more we seem to lose touch with what truly matters: our authenticity, our growth, and our emotional well-being.

The pressure to be perfect has always existed, but in the age of social media and hyper-competition, it has reached new heights. Platforms like Instagram present a curated, idealized version of life where everyone seems to have it all together—flawless skin, straight A's, a packed social calendar, and the latest trends. This endless stream of "perfection" can make us feel inadequate, as if we are constantly falling short. We start to believe that anything less than flawless is failure. We push ourselves beyond our limits, trying to measure up to standards that are not only unrealistic but also unattainable.

But what is perfection, really? Is it the carefully filtered version of ourselves we share with the world, or is it a deeper, more personal understanding of who we are and who we are becoming? Perfection often implies an end point—a place we arrive at once we've done everything "right," an unattainable horizon. But in the process of seeking this ideal, we forget that life is about progress, not perfection. It's about falling down, getting up, and growing along the way.

The emotional toll of chasing perfection is often invisible. Students can feel overwhelmed by the weight of expectations—be it from family, teachers, or the high standards they set for themselves. The constant pressure can lead to anxiety, burnout, and a feeling of inadequacy. Even small mistakes, when viewed through the lens of perfectionism, can feel like failures that define us. The pursuit of perfection often leaves little room for self-compassion or understanding. We don't allow ourselves the grace to be human, to make mistakes, or to simply exist without judgment.

It's important to realize that the struggle for perfection is not only exhausting but also counterproductive. Research in psychology shows that perfectionism is linked to higher levels of stress, anxiety, and depression. Ironically, the harder we strive to be flawless, the further we drift from our true selves. We might focus so much on achieving the "right" grades or the "right" look that we lose sight of what genuinely makes us happy, fulfilled, and whole.

So, how can we begin to let go of this impossible pursuit? The first step is acceptance. Accepting that perfection is not the goal, and in fact, imperfection is part of being human. When we allow ourselves to make mistakes, we open the door to learning and growth. Instead of beating ourselves up for not being perfect, we can embrace our flaws and see them as opportunities to develop resilience and understanding.



**Continued...**



Next, we can cultivate a mindset of self-compassion. Instead of comparing ourselves to others or holding ourselves to unattainable standards, we should focus on progress over perfection. Each step forward—no matter how small—is a victory. We need to redefine success as the journey of becoming, not the end destination of flawless achievement.

Lastly, it's vital to remember that our worth is not defined by our grades, our social media followers, or our ability to meet every expectation. True worth comes from knowing who we are, embracing our uniqueness, and understanding that we are enough just as we are. By allowing ourselves to step away from the constant pressure to be perfect, we give ourselves permission to simply be—and in doing so, we free ourselves from the emotional burden that perfection imposes.

Perfection may be an alluring ideal, but it is not the measure of our lives. Growth, learning, and authenticity are what truly make us whole. Let's stop chasing the impossible and start living with intention, compassion, and a commitment to being the best version of ourselves—not perfect, but perfectly human.

**By: Ms. Geet Bagmar**  
**Grade 9 Cambridge, GOC.**

### ***DESCRIPTIVE WRITING:***



Every time I walk in a restaurant, the first thing that I feel is the ice-cold air conditioning blowing on my face, the brightly lit chandeliers blinding my face, and the aroma of scrumptious food wafting through my lungs. When I sit down, the super-comfy sofa chairs feel like thrones of haven. My reflection grins at me in the utterly smooth ceramic plates. And the cutlery, the spoons and forks, shine like gleaming stars. I eagerly wait for the delicious meal to be served, and when it does, I swiftly gobble down all of it in less than a second.

As I walk out of the restaurant, my belly fat with tons of food, I look up at the sky, hoping I would come back soon.

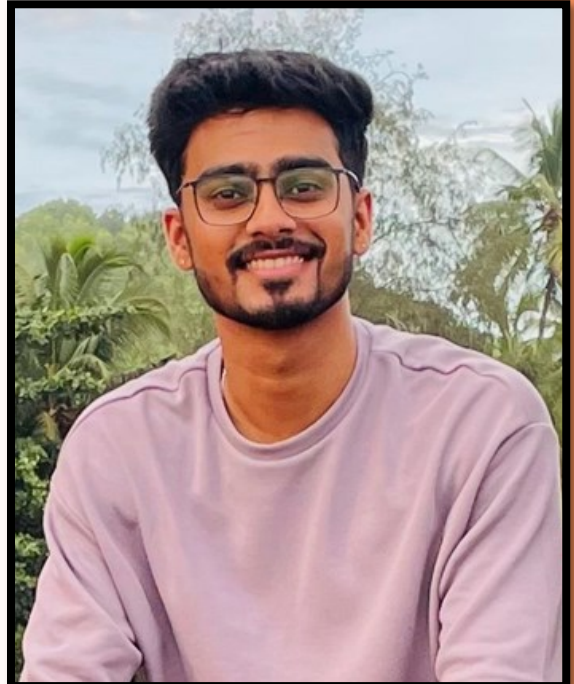
**By: Mast. Neel Gawale**  
**Grade 7 Cambridge, GOC.**

**Ms. Ajinkya Hatkar**

**Class of 2013-14**

**Degree in Sports Management**

We take immense pride in announcing that Master Ajinkya Hatkar, one of the distinguished alumni of Wisdom High Group of Schools, has earned his degree in Sports Management from the prestigious International Institute of Sports & Management (IISM). Ajinkya is now making significant strides in the sports industry, serving as a Senior Executive at Viacom18 Sports, a testament to his dedication and passion.



**Ms. Kasturi Thorat**

**Class of 2015-16**

**Bachelor of Science degree**

We are incredibly proud to share that our amazing alumna, Ms. Kasturi Thorat, has completed her Bachelor of Science degree from the University of Wisconsin-Madison, USA ! She has also pursued her M.S. in Public Affairs, Environmental Science, and Policy from Columbia University, New York, USA. Currently, she holds a prestigious position as an Associate at the Indian Climate Collaborative, making a significant impact on environmental initiatives!



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