



SKP'S

C M INTERNATIONAL SCHOOL

MIND MIRAGE - SCHOOL MAGAZINE

DECEMBER 2023

Year of Remarkable Achievements





Dear Readers,

With immense pride and great pleasure, I present to you the quarterly issue of our CMIS monthly magazine, MIND MIRAGE.

The rationale behind this creative project is to build a bridge between students and the school which will encourage them to voice their opinions freely from an early age on a published platform like MIND MIRAGE.

This magazine aims to bring to life important themes that will nurture the students in becoming responsible citizens in the future. It also aims to provide enriching content to the readers while encouraging them to participate in content creation. This platform will elevate the confidence of students, bring to light their hidden talents, and shower them with recognition.

CMIS in-house monthly magazine will go a long way in improving a student's performance in all spheres with furtherance from parents and teachers in the form of meaningful submissions to the editorial team for every issue of MIND MIRAGE.

The editorial team consists of talented writers who will conceive, design, and develop the theme of the magazine for an enriching reading experience. I hope you enjoy reading this magazine and be inspired by it in a million ways!

Dr. Saagar Balwadkar
Secretary- SKP CAMPUS, Balewadi





Dear Readers,

I am delighted to present this month's edition of our school's e magazine Mind Mirage to the students, parents and all the well-wishers of our campus. In this edition we have compiled articles from all the students, teachers and parents.

As it is rightly said "Reading is a gateway to learning anything about everything", this edition of Mind Mirage is all about inculcating habits of readings as well as writing in our students. It provides glimpses into the life at C M International School along with creative writings from students, teachers and parents. There is something for every student according to the variable interests.

Behind each presentation is a budding artist who has put his heart and soul into his work.

I am very grateful to all the students for their enthusiastic participation as well as to the editorial team, teachers and parents for their investment of time and care to ensure what is presented in the magazine gives the readers a sense of joy as they ponder over the pages of the magazine. I hope readers will find this edition of the magazine more useful and attractive than the previous editions.

Readers suggestions and feedbacks are always welcome.
Reading takes you places. Keep reading and exploring.

Happy Reading..

Iqbal Kaur Rana
Principal
C M International School






Orchestrating Excellence in Sports: The Art and Impact of School Sports



Embracing the timeless wisdom of Robert Kennedy, who declared, **"In my judgment, physical fitness is basic to all forms of excellence and to a strong, confident nation,"** I delve into the profounding role played by school sports teachers, often seasoning athletes themselves, bring a unique depth of understanding to the sporting arena within educational institutions.

The canvas of responsibilities is vast, painting a picture of dedication to the success and growth of school sports programs. This includes:

- 1) Identifying and persuading potential players, orchestrating a harmonious blend of talents for a robust and diverse team.
 - 2.) Artfully planning practices, games, and events with precision, adhering to league rules and fostering a well-organized and competitive sports calendar.
 - 3.) Nurturing the athletic powers and game knowledge of team members through a ballet of strategic training and attentive supervision.
 - 4.) Coaching Collaboration: Engaging in with the coaches, contributing to practice planning, drill creation, and other coaching activities to elevate the team's performance.
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5.) Record-Keeping Symphony: Maintaining records, composing a melodic history of attendance, scores, player statistics, and other vital team activities.

6.) Harmonious Coordination: Ensuring a seamless symphony of collaboration with coaches, trainers, and other personnel to orchestrate a preparedness for games and events.

7.) Striking the first chord of excitement by actively promoting the team and its events through social media, community engagement, and other outreach methods.

9.) Coordinating the setup of sports equipment, such as basketball hoops and many more, for games, events and other tournaments.

As stewards of time, I have to dedicate myself full-time, extending performance hours when required to meet deadlines or choreograph special events. The flexibility to work part-time, evenings, or weekends adds a nuanced layer to their dynamic roles.

In the grand finale of school life, I and my team aspire to be the architects of sporting excellence. The commitment to physical fitness, strategic planning, and the art of collaboration not only shapes accomplished athletes but also instills values of teamwork, discipline, and resilience in the hearts of students. As the orchestrators of a strong and confident nation, we echo the sentiments articulated by Robert Kennedy, creating a legacy in the field of sports.

Nikhil Karnavat
Sports Coordinator



Taekwondo



Taekwondo is a Korean martial art. It combines combat and self-defence techniques with sports and exercise. I could see the enthusiasm and excitement in our C M International School children and a hunger to inculcate the art. They learnt many things in taekwondo like commands in Korean language, Korean punches, stances, kicks, blocks etc.

Taekwondo exercises are very helpful for children as it makes them strong, flexible and helps to build good stamina in them. Self-defence is very important thing in every martial art. Taekwondo also has famous and trustworthy self-defence techniques called 'hapkido.' Once you learn it you always feel confident, you are always alert and well-focused. C M International School senior grade students are learning the same, they are very excited to learn the new techniques. Taekwondo is the need of the hour especially in a world which is no longer safe for the unawares.

One needs to learn self-defence techniques for self-protection. When women are trained with such a form of self-defence, they will be always alert and focused and thus will know how to protect themselves.

Though it has been just the second year of operation, the students are going leaps and bounds when it comes to learning Taekwondo. The way is too long but the result is firm. As small rivers culminate to a sea, so will this knowledge reach its pinnacle! The synergy will finally be achieved with each step of the ladder.

Jay Shinde
Taekwondo Coach

Cricket



“If you want to do something, achieve something, you can't be thinking all the time of what you don't have.” – Kapil Dev....

Cricket, an outdoor game that has its history dating back to the 14th century, is one of the most popular games in the world. Various countries have set out revenues just for the game making. Its one of the best games to get rewards as well.

Playing cricket helps us stay healthy and teaches us many important lessons. Cricket is celebrated and played as a sport in many countries. It is played on a 22-meter oval court with two teams competing against each other. Each team consists of 11 players who can be batsmen, all-rounders and bowlers.

I have been learning cricket since 5 years, but I have had a very good experience in C M International School, the children here are very talented, I have coached the children of Grade 1 here, I have seen that they are enjoying a lot, especially everyone likes to play matches, and they have a lot of competition. Children are full of unbounded joy and enthusiasm while playing cricket. Some children of this age can also play school team and states. Seeing such talent instilled in them, we organize many tournaments for the children so that they can get the experience. Our co-ordinator Nikhil sir helps us a lot and our principal ma'am also supports us a lot. They treat everyone like a family.

**Dinesh Ingle
Cricket Coach**



Archery



Archery is not just a Sport, It's a Life Skill!

Archery is the sport, practice, or skill of using a bow to shoot arrows. Historically, Archery has been used for hunting and combat. In modern times, it is mainly a competitive sport played till Olympic level. We saw the good influx of C M International School students opting for Archery an individual sport in the school program, in all grades.

The program aligns with the grassroots module of Star Archers Academy curriculum. Here the focus has been on developing the individual skills and technical proficiency. Highlights of the programme are: Developing focus and concentration, Developing eye hand coordination, Developing both Physical and Mental Strength, Developing upper body strength, Preparation for competitions. I can see the enthusiasm and excitement in our students to inculcate the skills of shooting.

Though it has been just started but certainly with the commencement of Archery, the seeds of success have been planted, soon the good results will come to the Students in C M International School. Assessment for every child is conducted so that a parent can assess the child's development. Annually will conduct a district championship for a competitive experience of the game.

Aniket Pokharkar
Archery Coach





Gymnastics



KEEP CALM AND LOVE GYMNASTICS

The sport of gymnastics tests a student's strength, grace, and body control. Almost all gymnastic events are performed on special equipment, such as rings or bars. This equipment is called apparatus. Gymnastics is a very popular sport at the Summer Olympic Games.

Popular Types of Gymnastics

- 1) Artistic Gymnastic
- 2) Rhythmic Gymnastics
- 3) Aerobics Gymnastics
- 4) Trampoline Gymnastics
- 5) Acrobatics Gymnastics
- 6) Tumbling Gymnastic.

Gymnastics is a dynamic and captivating sport that combines Strength, flexibility, and grace. Originating in ancient Greece, it has evolved into a discipline that showcases athlete's precision and artistry. Gymnastics is not only a competitive sport but also a form of artistic expression, promoting physical fitness and mental discipline. From rhythmic gymnastics to artistic gymnastics, each discipline requires dedication, perseverance, and a commitment to mastering intricate routines. Students here in C M International School not only fosters physical prowess but also instils valuable life skills such as focus, resilience, and teamwork. As gymnasts soar through the air, executing gravity-defying flips and twists, they demonstrate the beauty of human movement and the limitless possibilities of the human body.

Vaishali Garad
Gymnastics Coach

Table-Tennis



"Table Tennis is like an atom. To the ignorant it is merely microscopic and insignificant in existence, but to the dedicated, it is intricate in design and the building block to everything we know." - Matt Hetherington

Hello my name is Manoj Ahire, Table Tennis coach at C M International School. One of the fastest-moving indoor sports is table tennis, also known as Ping-Pong (an imitation of the sound made by the ball striking the table and hollow vellum battledores used in the early 1900s). The game of table tennis first started in England. It is the second fastest game in the world. Table tennis is a game played within four walls. The height of the table is 2.5 feet from the ground to the table surface. The length of the table is 9 feet. Width is 5 feet. A net is placed between the two tables, its height is 6 inches and its length is 6 feet.

This is a sport that can be played by any age group. Maximum exercise and reflection are done in less time. While teaching in C M International School, at first the most of the children did not know basic rules of the game. We taught everyone little things, service rules, rally, the children's interest increased and the children showed great interest in that game, and everyone became interested. Slowly the children started competing, we participated in different competitions and got some medals and also started doing extra school practices. The result shows that children who regularly played table tennis had greater bone development and superior physical fitness.

Manoj Ahire
Table Tennis Coach

Table-Tennis



I wanted to share my thoughts on table tennis also known as Ping Pong, a sport that has become quite popular. The origins of this game trace back to England, where both men and women actively participate. Unlike traditional outdoor sports, table tennis is played indoors in a hall, offering a unique and enjoyable experience.

The benefits of playing table tennis extend beyond physical fitness; it positively impacts mental well-being as well. Here are some advantages

Improved Reflexes: Regular play enhances quick decision-making and improves overall coordination.

Enhanced Hand-Eye Coordination: The game promotes better synchronization between hand and eye movements.

Sharper Mental Focus: Playing table tennis sharpens mental acuity and builds concentration.

Calorie Burn: Engaging in the sport helps burn calories, contributing to a healthier lifestyle.

Community Building: The game fosters a sense of community and social inclusion.

Balance Improvement: Regular play contributes to better balance and overall physical stability.



Recognizing the importance of childhood development, schools play a crucial role in fostering skills such as learning, growth, and maintaining good health. It is essential for students to actively participate in sports, as it not only makes their school life enjoyable but also contributes significantly to their physical and mental well-being.

I recently completed two years at C M international school and it has been an enriching journey for me. Initially, the challenges seemed daunting, but as time passed, I found myself adapting to both academic and extracurricular aspects. Table Tennis has helped children in C M International School in improving their visual agility, mental agility, reaction capacity and intellectual performance. I believe that the encouragement and support from schools in promoting sports like table tennis create a positive and empowering atmosphere for students.

Thank you for taking out time to read my article. I am excited about the future and the continued growth and development in the field of Table Tennis.

Ganesh Kelkar
Table Tennis Coach



Basketball



Basketball began with its invention in 1891 in Springfield, Massachusetts, by Canadian physical education instructor James Naismith as a less injury-prone sport than football. The American National Basketball Association (NBA), established in 1946, grew to a multibillion-dollar enterprise by the end of the century, and basketball became an integral part of American culture.

Teaching Basketball in C M International School has been a wonderful experience. More specifically through this sport young kids can learn a lot, such as:

- **Motor Skills :** Basketball involves dribbling, throwing, catching and pivoting all of which help to improve motor skills by using large muscle groups. The coordination, specifically hand-eye coordination required in the sport helps develop fine motor skills; these are skills that transfer to other daily activities.
- **Increased Endurance :** Having good endurance can make everyday life a little easier for your little one. Running up and down a basketball court is a great way to improve endurance.
- **Stronger Bones and Muscles :** Basketball is a weight-bearing sport, mainly because it includes running and jumping; these movements help new bone tissue develop, which is one way to help make bones stronger.
- **Communication Skills :** Through basketball, kids can learn how and why it's important to communicate. Team sports help children develop the ability to communicate with peers through verbal and non-verbal cues, all while improving their listening skills.



- **Problem Solving** : Kids face challenges every day. Playing sports gives kids the chance to solve basic problems with friends and groups at a young age.
- **Teamwork** : Team sports, especially basketball, teach people how to play together. By working as a team to reach a common goal—get the ball in the hoop—kids learn camaraderie.

If your players improved, had some fun, and learned life lessons, then it was most certainly a success! Celebrate those successes.

Sudarshan Jadhav
Basketball Coach



Football



A game that millions of people around the world play and love. It can be called a universal game because every small and big nation plays it. Moreover, it's a great relaxer, stress reliever, teacher of discipline and teamwork. Apart from that, it keeps the body and mind fit and healthy.

Children can achieve success not only in football but also in their daily life by pursuing Football. C M International School is giving children right opportunity to learn & grow through Football.

Developing Physical Literacy through football:

Physical literacy is all about developing fundamental physical skills in children. Basic skills like running, jumping, throwing, catching, kicking, and hundreds more that fit in the even broader categories of agility, balance, coordination, movement and speed - the building blocks of physical activity.

Running and Jumping :

It's no secret: football has a lot of running. And not just "running", it's all types as well. Endurance running for long periods, sprinting, quick changes in speed, multi-directional running, anything you can think of football has it

Jumping, dodging and hopping:

Though it doesn't seem like there would be much jumping, besides the obvious jumping for headers and jumping in goal, a player spends a lot of time with both feet in the air. All of these movements will develop a kid's physical development without them even realising it!



Kicking :

Kicking is the best part! Learning to control all areas of your feet, generating strength in your legs and feet by sending objects into motion, and gaining superior control of the lower limbs are all things football is remarkable at of course.

Developing Cultural and Social advantages :

Football is fun and engaging, and a great environment for kids to make friends. Not to mention that it's the most played and talked about sports on the planet.

I am truly grateful for the opportunity that C M International School has given me and the children for being so supportive and enthusiastic.

Manohar Patil
Football Coach



Basketball



Basketball is a popular team sports in America and worldwide the objective of basketball is to score points by shooting the ball into your opponent's basket. Each basketball team plays five athlete on the court. In January 1896 the first collegiate basketball game was played.

Why should Basketball an important sport for your child?

Basketball is a great way to help your child build confidence. It encourages physical activity, which can help boost self-esteem and improve overall health. Additionally, basketball teaches essential skills such as teamwork, communication, and problem-solving that can be applied in other areas of life. Playing basketball also helps children learn how to handle pressure and adversity while developing their motor skills. Furthermore, it provides an opportunity for social interaction with peers and adults a like, which can help foster positive relationships. Finally, the game's competitive nature allows children to set goals and strive for success – something that will benefit them both on and off the court.

Basketball is a great way to teach your child the importance of teamwork. By playing on a team, your child will learn how to work together with others to achieve a common goal. They will also learn how to communicate effectively and cooperate with their teammates to be successful.

This teaches children the importance of strategy and planning ahead. Furthermore, basketball also helps with hand-eye coordination as players must be able to accurately shoot the ball into the hoop while avoiding defenders. This can help improve their motor skills and reaction time.

I thank C M International School for immense support and best wishes to all the children.

Dipali Daphal
Basketball Coach

Skating



Skating, a sport in which bladelike runners, rushing to their beats of wheels attached to shoes glide with pride. I have been into this profession, for now like more than five years. Have faced different challenges, sometimes have been acknowledged and sometimes have been like a passing reference. Many a times, people ask me 'Sir, isn't moving on wheels involves great risk of injuries?' but to be frank, it is not about risk. It is more about how passionate one can be for one's own interest to rock and roll on their toes in disguise of the wheels. Skating comes with an opportunity, to build strength, balance and coordination. It's one of those rewarding sports that acts like a medium for exercise and cardiovascular health. It keenly looks into muscle building and nourishing the flexibility in every individual. Enrolling for the skating trainings, engulfs making an individual more confident and responsive to the others. Skating incorporates involving environment, making children more sociable, confident, motivates to take risks and caress the quality of not only excelling in the rink, but in life as independent individuals.

Kapildev Hajare
Skating Coach

Tennis



Tennis has a long history, but the birth of the game played today is thought to have taken place in England. Whilst kids are having fun, they're also improving fitness. They'll run, swing, reach, jump (and laugh) as they chase after that fluffy yellow ball. The modern game is played in singles (one player versus another), doubles (teams of two) and mixed doubles (mixed-gender teams) and features differing scoring systems across international events.

C M International School has given large platform to the children in the field of Lawn Tennis as an emerging sport in all levels of society and at all ages.

It might surprise you to find out that playing tennis isn't just great for building up your muscles, it also positively impacts your bones as well.

Tennis requires the full cooperation of the body. Children will need their feet to manoeuvre them into the right position. While their arms and hands are positioned with the racquet in order to make contact with the ball. Their core and legs are utilised to provide the power necessary to send the tennis ball with force. This entire process happens every time a kid goes to hit the ball.

There are more than just physical health benefits when it comes to playing tennis. Tennis, like all sports, can boost children's mental health. It requires the brain to be creative and involves a combination of planning, tactical thinking, agility, and coordinating different parts of your body.

The more someone plays tennis, the better and stronger the neural connections related to those activities become. Your brain also gets a workout. Exercises that require a lot of thinking actually improve brain function. So, as well as having loads of physical benefits, children get a workout that helps them improve their memory, learning, social skills, and behaviour too.

Wishing all the students glory and victory in future.

Chhaya Warthi
Tennis Coach

Skating



Hi, I have been working with CM International School, Balewadi since last 4 Years as a Physical Education Teacher (Skating Coach). I have worked in many school before joining C M International School, but working in this school has been a very good experience. I have learnt so many new things in the day to day life and on the Sports field.

Today, sports is essential for students' overall growth and development. Playing various sports helps them teach life skills such as teamwork, leadership, accountability, patience, and self-confidence and prepares them to face life challenges.

Roller skating is one of the best physical activities to get your child to exercise and have fun at the same time. Roller skating requires a lot of focus and decision-making concerning speed and agility. Roller Skating is a great aerobic activity that gets your child's heart rate pumping. Skating helps your child build their endurance at a young age.

In the last 2 years our school students have participated in DSO and CBSE matches and won medals in different games. Some students participated in State and national level, won SFA Championship 2nd Prize, VIVA Skating 1st Prize and many more. This year the number of medals and trophies in overall Games and tournaments is even higher and we are looking forward to winning more.

Short message to students and parents, students who are actively involved in sports have higher chances of pursuing sports as their career option. They can regularly practice their favourite sports and learn techniques to master that sport. If there is some sports activity included in students' daily activities, it will contribute towards their overall brain as well as physical development.

The sportsman's spirit helps them deal with various phases of life gracefully as well as avoid evils such as drugs and suicide. This signifies the importance of sports in students' life.

Wishing the students all the best for their bright future.

**Vivek Koul
Skating Coach**

Cricket



Cricket, the world's most popular spectator sport, can provide a fun way of exercise for children of all ages. Cricket improves speed, agility, flexibility and reflexes; it increases concentration, the ability to think strategically and to utilise decision-making skills. Cricket also encourages sportsmanship and fair play – self-control, integrity and respect for others is fundamental to the game of cricket. Many children who are reluctant to take part in team sports find themselves well suited for cricket.

Cricket is a bat-and-ball game played between two teams of eleven players on a field at the centre of which is a 22-yard (20-metre) pitch with a wicket at each end, each comprising two bails balanced on three stumps. It is generally believed that cricket originated as a children's game in the south-eastern counties of England, sometime during the medieval period.

What Will Cricket Do For Your Child?

Promote discipline, self-assurance, and responsibility

Develop coordination, strength, and decision-making skills

Provide positive interaction with peers and adults

Teach the ability to think tactically to overcome an obstacle

No matter how talented you are or naturally gifted you are, there's no substitute to hard work if you got to maintain standards.

C M International School will play a major role in providing them a platform for their bright future.

Rajesh Lama
Cricket Coach

Football



Football benefits for students are invaluable opportunities for self-discipline and teamwork skills, fostering their physical, mental, and psychological growth. It is an essential component of a balanced and healthy lifestyle, providing many benefits to children.

C M International School is providing the right platform for all the students to grow through Football. Supporting the students to express themselves through Participation in football competitions.

C M International School students are also boosting their life skills through Football by handling the losses & learning from it. They are developing the right attitude needed to win a Championships.

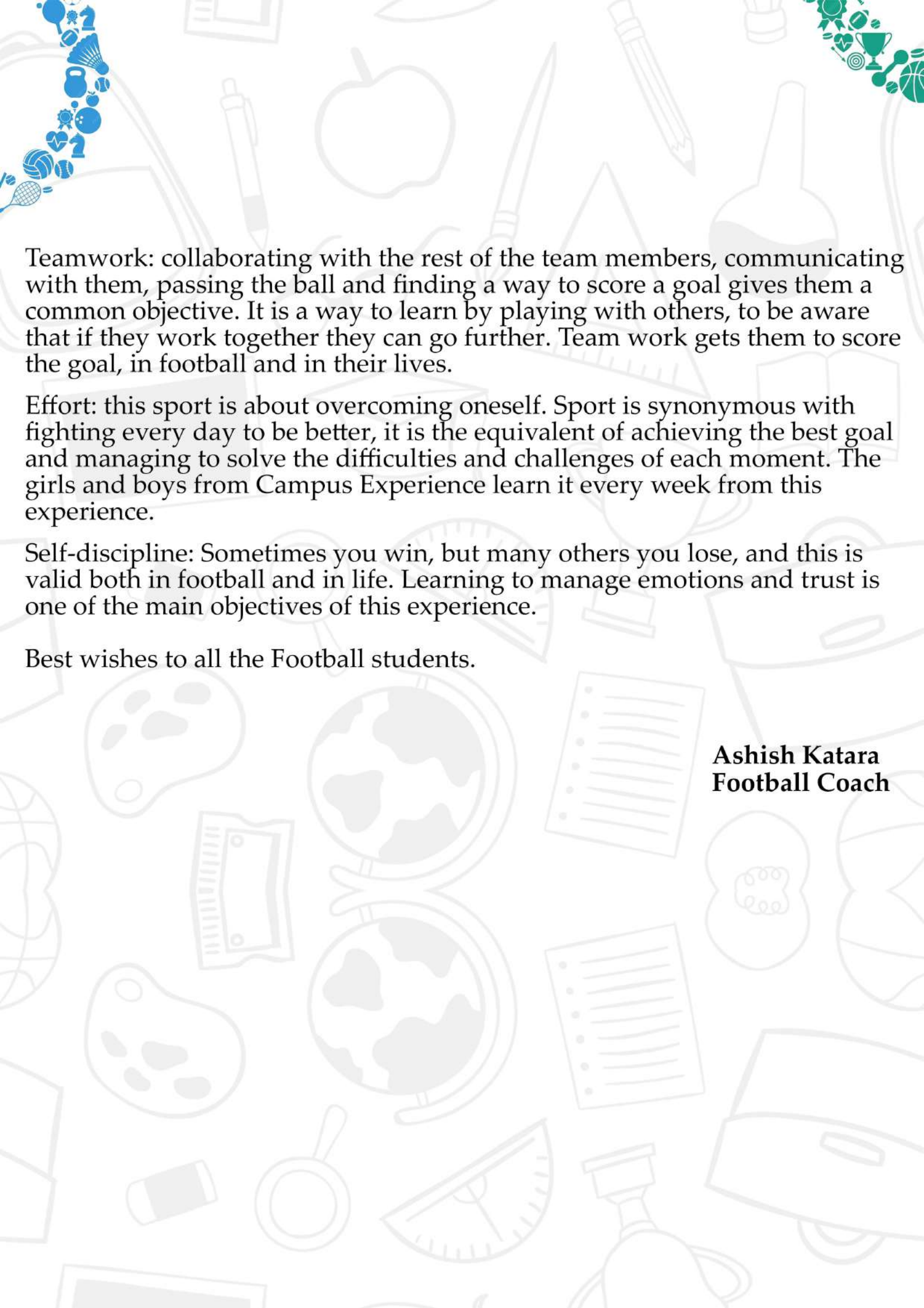
The Values of Football

Playing football is a passion for many girls and boys around the world No matter where: at school, on the beach, on the town square ... This is because football is not just a sport, nor a simple way to be fit, but goes much further for all the young people who enjoy playing football and grow in each training, game or competition..

Character

"I believe football teaches the values of teamwork, resiliency, hard work, commitment and integrity in a way that leaves a lasting impression on the young footballers who play the game that lasts a lifetime."

Respect: learning the value of sportsmanship, getting empathize with teammates and assimilating the importance of fair playing which both in sports and life, are key points.



Teamwork: collaborating with the rest of the team members, communicating with them, passing the ball and finding a way to score a goal gives them a common objective. It is a way to learn by playing with others, to be aware that if they work together they can go further. Team work gets them to score the goal, in football and in their lives.

Effort: this sport is about overcoming oneself. Sport is synonymous with fighting every day to be better, it is the equivalent of achieving the best goal and managing to solve the difficulties and challenges of each moment. The girls and boys from Campus Experience learn it every week from this experience.

Self-discipline: Sometimes you win, but many others you lose, and this is valid both in football and in life. Learning to manage emotions and trust is one of the main objectives of this experience.

Best wishes to all the Football students.

Ashish Katara
Football Coach



Physical Education Activities for Pre-Primary Students



Students in Pre-Primary continue with locomotor skills as an extended part of the warm up. This portion of the warm up a more functional warm up, which also serves as a tool to improve essential locomotor skills that are required for future success in physical activity, sports, and leisure activity. I call these movements' animal walks, as they bring another element of fun and enjoyment to the students. These animal walks are children's way into strength and conditioning.

The parachute is one of those iconic things about Class that almost everyone remembers. It provides a cool factor that will give your kids a sense of awe as they watch the different things they can do together as they work together to accomplish different parachute challenges.

The parachute is one of those iconic things about Class that almost everyone remembers. It provides a cool factor that will give your kids a sense of awe as they watch the different things they can do together as they work together to accomplish different parachute challenges.

One of the most important things that physical education does well is assisting kids in developing and improving their motor skills.

Consider all of the running and climbing that children love to participate in. Children can enhance their balance and coordination while also gaining positive mobility benefits! Physical education promotes the development of fundamental motor skills, such as learning how to throw, catch, skip, and kick.

Here at C M International School, we have fantastic outdoor sports equipments that will assist with the development of each child. We provide a comprehensive selection of school playground equipment, suitable for early years children right the way through adults.

Sajith K
Pre-Primary Coach

Physical Education Activities for Pre-Primary Students



Engaging Physical Education Activities for C M International School Students

Briefly highlight the significance of Physical Education for Pre-Primary students.

Emphasize the role of Physical activities in fostering holistic development.

The Importance of Physical Education Discuss the benefits of physical activity on motor skills, cognitive development, and overall health. Mention how it contributes to a positive learning environment.

Animal Walks, Locomotor Skills describe activities like crab walks, bear crawls, and frog jumps explains how these mimic animal movements makes learning fun.

Parachute Activity Introducing a simple Parachute activity like emphasizing on the arms, shoulders and torso strength, hand-eye coordination and teamwork.

Bean Bag, Scarf, scoop and Ball develops throwing and catching skill, develops balancing movement, understanding spatial awareness, it helps for muscle development and hand-eye coordination and fitness.

Basketball, Football, Cricket Basic Skills introduce Catching, Throwing, Kicking, Gross motor skills.

Safety Measures highlights the importance of a safe environment for these activities and also suggests the use of appropriate equipment under the supervision.

**Pre-Primary Coach
Ankita Shirke**



Motivational Stories by Co-Curricular Teachers

Discovering Fashion: A Creative Journey for Young Minds



Hello, young fashion enthusiasts! Are you curious about fashion design? It's a colourful world where clothes tell stories, and creativity knows no bounds!

Understanding fashion is like exploring a treasure chest filled with exciting things. It's not just about pretty clothes; it's about using your imagination to create something unique and beautiful. From learning about different fabrics to drawing your designs, there's so much fun in discovering new things in fashion.

Remember, anyone can be a fashion designer! All it takes is curiosity, a love for learning, and a sprinkle of imagination. So, let's dive into this amazing world together and explore the endless possibilities waiting for us!

Amita Yadav
Fashion Designing Teacher



Independent Learners: A technique to learn Classical Dance easily



Bharatanatyam is an Indian classical dance form. It can be learned at any age, but children as young as you can start learning the basics. IT incorporates a variety of postures, poses, and movements. It can also improve creativity and self-discipline. Using creative movement in dance as learning tool includes your increased thoughtfulness towards content, and the development of new forms of self-assessment. So how good would it be to be an independent learner, but with guidance (Under me)! You must explore by yourself as it is at the very core of learning. Understanding the sense of rhythm helps to set the dancing steps that you are genuinely find challenging, and the feeling you gain from self-direction, is wonderfully rewarding for learners as well as an incredible life tool.

Darshna Jataniya
Bharatnatyam Dance Teacher

A decorative header featuring a green wavy line with various colorful icons: a gold trophy, a gold medal with the number 1, a blue volleyball, a yellow dumbbell, a red heart with a pulse line, a yellow tennis racket, a red trophy, a green basketball, a blue lightbulb, a yellow share icon, and a green badminton racket.

"The world is a stage and we humans are actors" - William Shakespeare



Hello, Young Enthusiast's

Are you curious about Speech & Drama?

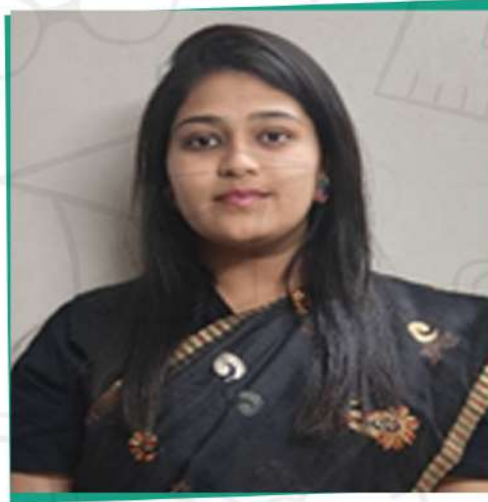
Apart from being fun and entertaining activity, taking part in Speech & Drama actually have long-lasting benefits for child's development. Understanding Speech & Drama is learning new different words, intonation, body language, movement and developing powerful vocal clarity. Learning to act and drama skills can help you to develop your speech, communication and presentation skills, which are vital skills for you. Participating in Speech and Drama helps boost your self-confidence as you practice performing in front of others. Participating in Speech and Drama helps individuals overcome the fear of speaking up, sharing their ideas, and being heard.

Rachana Nikalje
Speech & Drama Teacher

A decorative footer consisting of a series of colorful dots in red, orange, yellow, and green, arranged in a wavy pattern at the bottom of the page.



Unleashing Creativity: Encouraging Students to Embrace the Artistic Journey



Dear students, embrace the canvas of your imagination. Let your creativity flow like colors on a palette. In the world of art and craft, you are the architects of your dreams. Unleash your unique vision, sculpt your ideas, and paint the tapestry of your aspirations. Remember, creativity knows no boundaries – it's your passport to a world where innovation and self-expression collide. So, pick up your brushes, mould your thoughts, and let the masterpiece of your potential unfold. The canvas awaits your boundless opportunity.

Thank you

Krina Ritesh Shah
Creative Club teacher





Discovering Music: As deep as the ocean



Hello, Young Music enthusiasts, Do you love music or want to learn music? Music is an art form that combines either vocal or instrumental sounds, sometimes both, using form, harmony, and expression of emotion to convey an idea. Music represents many different forms that play key factors in cultures around the world.

I love music so much from my childhood. I still remember that the weekend means all the Sundays in my family were fixed as a music day. All through the day, the slow music was running in the centre of the house and every family member was doing their work. It was my dad who inspires all family members to listen music. It helps us in keeping our mind strong and busy. Music is like a meditation and benefits a lot to us if we listen to music on a daily basis. Some students are habitual to listen to music during their study time, without music they cannot read.

Remember, anyone can become a Musician! But the thing is you have to give time. Music is all about time and practice. For that you'll need to be dedicated towards music. It's as deep as the ocean. So, let's dive into that ocean together and explore the endless opportunity waiting for us!

Stavan Bansode
Music Instructor (Piano)





Worshiping Music: Art to Worship



Music is like a universal language of life. It is basically the sound that is brought together through the harmony of various instruments. Our life would have been totally empty and different without music. It is something that every human being enjoys.

Listening to music is really good for our mental and physical health. And it is not bad until we hear a good type of music. I would say that music is something that expresses your emotions and shows you the beauty of harmony, peace, love and care. It brings out a better world for you.

Chaitanya Anand Prabhu
Music Instructor (Vocals)





Strings of Guitar: A Chord to Solace



Guitar, just like other instruments is an amazing thing to explore. You must be flexible, and keep your finger on the pulse of what the eyes and heart want. If you can feel that they are not that motivated, try and be open to trying and different approach, and let them have some input in what they want to do to keep them interested. Music has been a part of my family since 3 generations before me, and that has been the biggest support for me to become a musician. My father is an amazing singer and he always backed me up for music since I was a 1st standard student. My mom taught me the song with which I bagged the first ever Gold Medal in my school, and since then I always loved performing and that helped me to become a musician today. Be it any kind of instrument, always learn to respect it and practice hard to become better at it every day, and then you will love the journey so much that you will never stop. Enjoy every part of it

Harsh Parate
Music Instructor (Guitarist)





Drums, Musical Instrument



A musical percussion instrument consisting of a hollow, usually cylindrical, body covered at one or both ends with a tightly stretched skin or head, which is struck with the hand, a stick, or a pair of sticks, and typically produces a booming, tapping, or hollow sound.

Have you ever played drums?

I tell you why you should play drums,

Playing drums can relieve frustration, disappointment and stress. Playing the drums can help people express themselves and get in touch with their emotional state. Drumming helps us connect to our core, enhances our sense of empowerment and stimulates our creative expression.

So, what are you waiting for?

Get your pair of stick, sit on the drums and express yourself

For me an average band with great drummer sounds great. A great band with an average drummer sounds average.

Harshal
Music Instructor (Drummer)



Art Shows Emotions of Children



Art, craft and design embody some of the highest forms of human creativity. A high-quality art and design education should engage, inspire and challenge students, equipping them with the knowledge and skills to experiment, invent and create their own works of art, craft and design.

Through the art n craft children can express themselves freely, and sometimes without realising!

The children will gain confidence in expressing themselves through the medium of art. During arts and crafts children regularly use the various muscles in their fingers, wrists and hands. Regular use of these muscles improves their strength and finesse, which then makes other tasks, such as writing, far easier!

Always remember "Making something with your hands is one of the most satisfying things you can do."

Dipti Joshi
Art Teacher





"Keep Dancing, Keep Dreaming: Embrace Your Journey"



"Dear dancers, your steps tell stories. Every move shows dedication. Don't worry if things go wrong – they're just breaks on your journey to success. Your dance speaks loudly, even without words. Your journey is your picture, made with hard work. Each step, each spin, shows how much you love dance. Be proud of being different; it makes you strong. Let your heart's beat push you on; the stage wants your amazing dance. Keep dancing, keep dreaming, and keep inspiring!"

Amar Chouhan
Secondary Dance Teacher





“Dance is the joy of movement and the heart of life*”

Hello,

Young Dancer's Enthusiasts

Are you curious about Dance?

Dance is an art. It is one of those beautiful extra-curricular activities that engages both the body and the mind. However, with academics gaining high popularity, its interest is now slowly fading away among the kids. But parents need to understand that dance, just like any other academic subject, is important, because Dance helps to restore the lost calm and peace in a student's life. Due to academic pressure, kids are now becoming less and less cheerful. In such cases, dance can be a gateway in restoring that happiness and stability.

Dance is more than exploring different ways to make a shape or learning a series of steps to music; it is a way of moving that uses the body as an instrument of expression and communication. Through dance, you can learn teamwork, focus, and improvisational skills.

Karan Chouhan
Dance Teacher





Dance, the movement of the body in a rhythmic way, usually to music and within a given space, for the purpose of expressing an idea or emotion, releasing energy, or simply taking delight in the movement itself. Dance is a powerful impulse, but the art of dance is that impulse channeled by skillful performers into something that becomes intensely expressive and that may delight spectators who feel no wish to dance themselves. These two concepts of the art of dance - dance as a powerful impulse and dance as a skillfully choreographed art practiced largely by a professional few - are the two most important connecting ideas running through any consideration of the subject. In dance, the connection between the two concepts is stronger than in some other arts, and neither can exist without the other.

Komal Shelke
Dance Teacher



Creativity is God's gift to us. Using our creativity is our gift back to God." Arts and crafts encourage us to explore our creativity and imagination, allowing us to express ourselves in several different ways. There is an undeniable sense of joy and pleasure that comes from creating something with one's own hands.

The creative journey is a continual one of self-awareness and self-discovery.

There have been plenty of studies showing a correlation between creating art and improved academic performance in the areas of math, science, and language arts. Art helps train students to think in new and different ways. Finally "In art, the hand can never execute anything higher than the heart can imagine."

Snehal Bari
Art and Craft Teacher



In the realm of education, we take immense pride and joy in showcasing the remarkable accomplishments of our students in C M International School, both in Academic pursuits as well as Extracurricular and Sports endeavours.

- Palash Ruchandani from Empowering IIA got 1st place in 'PMDTA - Tennis Icon Little Champions Series'. He also participated in Under 8 Tournament Tennis Tournament organized by Pune Metropolitan District Tennis Association and emerged as Winner in Under 8 Category. He Participated in Under 10 category where he reached till Quarterfinals.



C M INTERNATIONAL SCHOOL

C M INTERNATIONAL SCHOOL

Congratulations



PALASH RUCHANDANI
Empowering II
For Winning
Under 8 Tennis Tournament
Organised By Pune Metropolitan District Tennis Association.

**सोहम, पलाश, रेयांश,
अयांश यांचे विजय**

पुणे, ता. १४ : पौनवसुदीयेत आयोजित मानक
टॅनिस स्पर्धेत सोहम इमरते, पलाश रुचंदानी, रेयांश
नातारण, अयांश मुनीळकरने प्रतियोगीता हातून
विजया साधली आहे. या स्पर्धेत दहा वर्गांसाठी
मुलांच्या मंडळ सोहम इमरतेने ओव्हास जोशीचा ५-३
असा, पलाश रुचंदानी विजय विक्रमका ५-२ असा,
अयांश मुनीळकरने अन्य जोशीचा आणि रेयांश
मुनीळकरने निरंजन मोरेचा ५-० असा तर हर्षावर्धन
खानेकरने अमेय काळोरेचा ५-३ असा पराभव केला.
या स्पर्धेत्या उदात्तरांमधील सर्वोत्तम दुय्यमे, तृतीय
मिने, अंकुश कारळे, प्रदीप चौधरी, अर्पण निरोधक
सहस्राने उत्कृष्ट हे उपाधिके होते.



- Riya Jangid VIII A, Tanisha Jangid and Gauri Kutemate VII A represented U.K.M Kothrud FC U15 Girls team and Stood Champions in Mumbai Prodigy Cup Football Tournament.
Riya Jangid Got the Best Defender of the Tournament.



- Adwita Dharme, of Class Inspiring VB, proud winner of various competitions speaks about her passion.

“Dance competitions are a great way to help you push yourself harder, and to help you strive for a more polished performance. Winning competitions and trophies on district level builds my confidence on another level. Competitions and challenges on different platforms make me stronger and more focused. Dance from your heart and let your passion shine through





- Devesh Muthiyan from Inspiring VIII met honourable Deputy CM and presented him his handmade bouquet. His gesture of presenting him with his own handmade bouquet was very well appreciated by the Deputy CM. They had a small discussion. DCM enquired about his school and teaching culture on which Devesh apprised C M International School.



- Saharsh Nayak from Empowering IVD got Man of the Match award in Under 10 Cricket Tournament.





- U17 Boys Subroto Cup 2023 Result Round 1 -
C M International School 1-0 Vibgyor School, Yerwada



- U17 Girls Subroto Cup 2023 Result Round 1 -
C M International School 2-0 Sinhgad Spring Dale School, Ambegaon.





- U17 Boys Subroto Cup 2023 Result Round 2
C M International School 1-1 St. Patricks School
C M International School Won in Penalties 3-1
Round 3
C M International school 1-0 Vidya Bhavan
Pre- Quater Finals
C M International school 0 - 0 Sinhagad Springdale, Ambegaon
C M International School Won in Penalties 3-2



- C M International School got an overall 3rd Position in District Gymnastics Competition 2023. Students of Pre-Primary and Primary participated in the above competition.





- Mohil Thakur of Inspiring VD Won Pune District Table Tennis Championship 2023 in the U11 Boys category. He also played in U13 Category where he reached till Semi Finals and performed very well throughout the tournament. Mohil also grabbed Silver Medal at 3rd Maharashtra State Ranking Under 11 Table Tennis Tournament 2023 held at Nanded. He played in the U13 Category where he reached the Pre-quarters and performed very well throughout the tournament. He played semifinal in U11 category and pre-quarterfinal in U13 for the first two Maharashtra Table Tennis State rankings held at Sangli and Nagpur.



He also won Bromze Medal at 5th National Ranking Under 11 Table-Tennis Championship 2023 held at panchkula haryana.



- Samruddhi Panhale of Victorious X grabbed Gold Medal at DSO PUNE DIVISION FENCING U17 CHAMPIONSHIP 2023 recently held at Solapur. By Winning Gold Medal at the Division, she has qualified for the State Competitions.



- **PROUD MOMENT**

We are delighted to share that Ashish Katara, Football Coach C M International School got an opportunity to be appointed as the Assistant Coach of the Maharashtra Football team for Hero Junior Girls' National Football Championship which was held at Bhubaneswar, Odisha.

C M International School is immensely proud of Ashish Sir. All the best for your future endeavours.





- Inter School Pune DSO ZP Badminton U17 Girls Tournament.
C M International School , Balewadi Won the tournament by defeating PICT Model School 2-0 and clinching the Championship title of U17 Badminton Girls. Around 250 schools across Pune had Participated in the Competition.

Shreya Chaudhari, Bhakti Patil , Ishwari Thorat& Manisha Mukhiya were the players who participated in the competition and brought laurels to our School.



● Football DSO Results 2023

1) C M International School U14 Girls Team won their Second round match 3-0 against Nagarwala Boarding School.

Riya Jangid scored a hat-trick in the match.

2) C M International School won their third round match 5-0 against Pune international school .

Goal Scorer: Avyakth Guruvelli (3), Ishan Patil (1), Tanav Gaware .





- Aabha Soman of Grade IX for winning various medals in State Track Cycling Competition 2023 organised by the Cycling Federation of Maharashtra.

Below are the details of the events and medals won :

U14 time trial - Gold

U14 pursuit - Gold

U16 time trial - Silver

U18 team sprint - Silver

18+ team sprint - Bronze

U17 time trial - Silver



- Gold Medal in the Under 16 Mass Start Event held at Baramati for Khelo India Women's League West Zone



- Aabha Soman from Grade IX has won 2 medals at the National Track Cycling Championship held in Ranchi in the U 14 category. She won a Gold medal in the 500 m Time Trial event and was declared the National Champion. She also won a Bronze medal in the 2000m Pursuit event.



- **Parul Girsawle Class IV**

Bronze medal at 1500m road race (quads) u11 girls dso competition 2023



- **Kho-Kho U14 boys won the match 9-6.**





- **Winners at Robusta - Inter School Robotics Competition**

Hands on experience is the best way to learn about all interdisciplinary aspects of robotics.

From C M International School, two groups, respectively from Grade-V and Grade VII-VIII, had participated in a robotics competition. Students of Grade- V were Swara Manoj Patil, Amitosh Biswas, Arohi Aglawe and Mihir Sabade. And students who participated in the other category were Daksh Jadhav from Grade- VII, along with Mehul Bansal, Sadhana Mashale and Parth Pande, Grade- VIII.

Robusta- Igniting Innovation through Robotics, organised by Universal Public School, Hadapsar. The event was a collaboration of the There were different categories, and students from various schools had participated in the event.

Our students bagged the first position in both the categories we participated in which Grade 4-5 and Grade 7-8. The students had prepared models on how robotics can help in maintaining safety measures - controlling the speed the cars and prevention of accidents and contributing sustainability. Whereas, the other model demonstrating how robotics can act as an efficient aid to help having prosperous agriculture - helping to control irrigation, and in addition to farming





- C M International School U17 Roll Ball Girls Team secured 4th place in DSO Competition 2023. Utkarsha Patil of Grade IX has been selected for Zonal Trials.



- Tvisha Karnik of Grade VI won the Silver Medal in the U17 National Ice Hockey Competition recently held in Delhi . She represented Maharashtra Team in the 5th Bandy National Championship, also called as Ice Hockey.







- Malay Kale from Inspiring VIIA secured the First Runner-Up position in the Prestigious Furtados All India Inter-School Music Competition!



- Roshni Panga from Victorious IX won Broze Medal in uner 59 kg DSO U17 Taekwondo Campionshion 2023-24.





- Vishwajeet Balwadkar and Arnav Sharma of Empowering IV and their team has won the U-11 XTREAM FOOTBALL LEAGUE organised by WOW FITNESS Club held at Ambegaon.



Vishwajeet Balwadkar
Empowering IV



Arnav Sharma
Empowering IV





- Mrunmayee Sonaikar of Grade VII bagged the bronze medal in the Under 14 Girls - 44kg category whereas Arush Ekkar of Grade IX bagged the silver medal in the Under 17 Boys - 63kg category. By winning Silver Medal at Zonal Competition, Arush Ekkar has qualified for CBSE Taekwondo National Competition.





- Basketball and Football U14 Girls are shining at VIVA Competitions 2023. We wish our Football & Basketball team good luck for their Quarterfinals and Semifinal matches respectively.



- CMIS Football U14 Girls team emerged as WINNERS in VIVA Football Competition 2023 by defeating PICT Model School 1-0. Riya Jangid got best player award whereas Shreenidhi Kulkarni grabbed the best goalkeeper award in the competition. Our U14 Boys reached till Semifinals in the competition. Kartikeya Reddy received award as the Rising Player of the tournament. Congratulations to all the players & Coaches. We are proud of you all





- Our CMIS students have yet again outdone themselves by bagging the third place match & securing bronze medal at the VIVA Basketball U-14 Girls Competition.



- Bronze Medal at CBSE U17 BADMINTON Zonal Competition 2023-24 held at Thiruvananthapuram, Kerala

Shreya Chaudhari of Grade X & Bhakti Patil of Grade IX Won Bronze medal at CBSE U17 BADMINTON Girls Competition held at Thiruvananthapuram, Kerala.





- Trinity School Interschool Competition :
Under the theme "Abhivyakti Mahotsav" (Literary Fest), our students immersed themselves in the world of literature and music. The vibrant ambiance, complemented by rocking band performances, set the stage for our impressive Music - Group Singing performance.

City Pride School Interschool Competition :
Our versatile students dazzled the audience with their talents in a total of six categories! Solo Singing (Hindi & Marathi), Group Dance, Solo Dance, Solo Instrument - Keyboard, and Tabla, our participants showcased their passion and creativity, leaving a lasting impression.

Battle of bands PCMC 1
Elimination round:

Venue - Crimson Anisha Global School.
Awards

- 1) Best Drummer - Malay kale VIIA.
- 2) Best unique Instrumentalist - Abhiraj Pardeshi VIIB.





- Aditya Gaikwad of Victorious XB has won the doubles title in All India Tennis Association (AITA) Championship 2023 recently held in Mumbai.



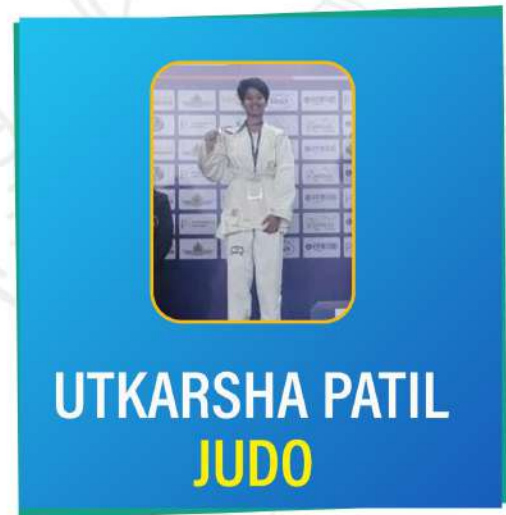
- Sae Kulkarni from VIIC has won the 1st rank in exam conducted by Gandharva Mahavidyalay





● Our medal winners for SFA & Sakal Schoolympics 2023 -

- 1) Charvi Agarwal : Karate - Kumite
- 2) Utkarsha Patil : Judo
- 3) Shivanshi Dhakate : Table Tennis
- 4) Palash Ruchandani : Tennis
- 5) Shravani Dhakate : Table Tennis
- 6) Sayali Raikar : Athletics





- Our medal winners for Viva Gymnastics Competition 2023 -

- 1) Prisha Malpure :
- 2) Pranika Kulkarni :
- 3) Aardhya Sharma:
- 4) Vrinda Gorde :
- 5) Abha Kulkarni :
- 6) Sawranjali Sathe :

C M International School received the 2nd Runner-up overall Championship award.

Congratulations to all our players and coaches.



- Aditya Gaikwad & Bhakti Patil won Gold medal at SFA Championship 2023 in Tennis & Badminton game respectively.





- Our CMIS Under 8 girls have won the VIVA Football Girls Competition and emerged as Champions in the tournament recently held at VIBGYOR Rise School, Chinchwad. Purva Salunke received the beststriker of the tournament award in the U-8 category. In the Under 10 category our CMIS girls grabbed the bronze medal at VIVA Football Competition. Anusha Parandekar received best striker of the tournament award in U-10 category





- Rural games of India(RGOI). Pune district (Haveli) Roller Skating Championships 2023-24 Hrugved Salunke of Grade III Bagged Gold medal in Recreational Inline skates 400m & bronze medal in district championship recently held at SNBP International School, Wagholi and selected for state competition in Jan 2024.



- Our medal winners for Taekwondo Sakal Schoolympics 2023 -

- 1) Mrunmayee Sonaikar
- 2) Darshak Patil
- 3) Mehul Bansal
- 4) Usman Shaikh
- 5) Advesta Salunkhe
- 6) Asmi Rane
- 7) Lakshana Suryawanshi
- Roshni Panga
- 9) Sadhana Mashale
- 10) Parnika Awasthi





- Our Football U14 Girls team emerged as RUNNER-UP in VIVA Football Competition 2023 organised by Vibgyor School, Chinchwad. Riya Jangid got the best player of the tournament award.



- Our medal winners who recently won in Sakal Schoolympics 2023 :
 - 1) Sayali Raikar: Gold medal in 80 m hurdles , bronze medal in 200m athletics.
 - 2) Bhakti Patil: Silver Medal in Badminton Singles
 - 3) Chaitanya Parandekar & Bhakti Patil : Silver Medal in Mixed Doubles Badminton





- Chess Champinship, U14- Joseph D'Souza Memorial Chess Champinship 4 th Place.



- Prayansh Parhi from Inspiring VIID got selected for Photoshoot of First Cry- Fashion Wearables. First Cry is a leading brand for new-born, baby & kid's products. It has outlets all over India. Getting selected among the numerous faces from different parts of Pune is not an easy task.





● Medal Winners in recently held RESONANCE 2023-24 Inter School sports meet organised by GG International School, Bavdhan

- Chess
Arnav Patil III
Akshat Bhendarkar III
Naitik Shah VIII
- U14 Girls 100m
Shreya Gogulwar VIII
- 4*100m Girls relay
Nishtha Waghade V
Aaradhya Sharma V
Gauri Patange VI
Aparva Aware V
Aarya Naikwade VI
- Badminton
Rudra Sathe VI
- Athletics
U12 Girls 80m
Nishtha Waghade V
U12 Girls 100m
Nishtha Waghade V





- Our U12 Boys Football team emerged as Champions , whereas U10 Boys team emerged as Runner's up in recently held **RESONANCE 2023-24** Inter School sports meet organised by GG International School, Bavdhan.





Ashadi Ekadashi (Dance Drama)



We, at C M International School, celebrated प्रकृति में सृष्टि - a grand celebration of the festivity of nature. Students performed a blissful theatrical performance based on the learning "Devotion lies in our thoughts, in our expression and our actions."

Furtados All India Inter-School Music Competition!



C M International School is proud to share an incredible feat of Malay Kale from Inspiring VIIA for securing the First Runner-Up position in the Prestigious Furtados All India Inter-School Music Competition! With impeccable timekeeping, rhythm and coordination, an understanding of drum patterns and fills, and mastery of essential techniques Malay has chieved many awards



Shrimad Bhagwad Geeta Learning



It's a proud moment as our little champs **Kunal Maheshwari** Empowering IIIA and **Kushal Maheshwari** Empowering IIID who are learning "GEETA". They have learned Chapter - 12, 15 and 16 (Adhyaya in Hindi), and also passed the Geeta Jigyasa examination with excellent performance, Kushal scored 100/100 and Kunal scored 98/100.

रावण तब और रावण अब A Celebratory Tale of Triumph of Good over Evil!



रावण तब और रावण अब ; an amalgamation of dance and drama depicted just that. Teaching students, teachers and various spectators' different aspects of Ravana's wrongdoings in today's day and age and how to overcome it. Our students did a brilliant job of portraying these realistic scenarios along with their Clubs Teachers.



Celebrating History at C M International School Fancy Dress Competition On The Theme Quit India Movement



On the occasion of historical moment of Quit India Day, C M International School organized Fancy Dress Competition and Role Play for students. All the students came up with their own ideas and represented the freedom fighters with their energetic performances. The dressing up and the dialogues created the memorable impact on the audience and everyone recalled the struggle and hardwork of the freedom fighters. Many achievers of the competition also showed many enthusiasts with rankings.



Prisha, with her deep connection to nature, not only finds joy in playing with rocks, sand, mud, and planting trees but is also particularly passionate about maintaining cleanliness and preserving the environment. Her enthusiasm for traditions and festival celebrations is matched by her commitment to ensuring that these activities are conducted in harmony with nature, without spoiling its beauty. As an avid admirer of Shivaji Maharaj, his stories are her bedtime favourites, inspiring her "Fort Trek Expedition" to visit the forts associated with the great leader. Whether exploring historical forts or engaging in festivities, she conscientiously emphasizes the importance of respecting and preserving the natural surroundings.

Adding to her list of accomplishments, Prisha has excelled in both gymnastics and show-and-tell competitions, earning herself medals and trophies. Her dedication to physical fitness and her ability to effectively communicate and showcase her interests further demonstrate her multifaceted talents. Her YouTube channel, "Prisha Malpure," not only documents her historical explorations but also showcases her involvement in different events, emphasizing a well-rounded approach to life that includes cultural enrichment, environmental consciousness, and community engagement.

Prisha Harshal Malpure
Joyful CI





Urvi's gymnastics journey started with a curiosity and endless energy of playful youngsters. What began as an activity quickly turned into a passion propelling her towards excellence. With the guidance of her coach and support, from school Urvi discovered her adoration for gymnastics. Began to shine in ways that left everyone astounded.

Recently Urvi took part in a gymnastics competition and, to the amazement of many she secured the gold medal. At four years old Urvi showcased a level of skill, elegance and determination that surpassed her young age.

Urvi Patil
Joyful CII



C M International School is thrilled to share an outstanding achievement of Pruthvij Deshmukh of class Joyful DI for receiving silver medals in gymnastics competition conducted by Vibgyor School, Yerwada.

Pruthvij's accomplishment is not only a source of pride for all of us but also an inspiration to others.

Gymnastics is a type of sport that includes physical exercises requiring balance, strength, flexibility, agility, coordination, artistry and endurance. The movements involved in gymnastics contribute to the development of our body.

Bravo on your achievement ! You have made us all proud !! We also congratulate the proud parents.

Pruthvij Deshmukh
Joyful DI





In a dazzling display of athleticism, Anshul has clinched victory in the recent gymnastics competition at Elite Sports Academy, captivating audiences with an awe-inspiring performance. Anshul's journey to success is a testament to dedication and perseverance, evident in the flawless routines executed with grace and precision.

The competition day showcased Anshul's exceptional talent, leaving spectators spellbound. Each twist and flip reflected not only a mastery of gymnastics but a profound passion for the sport. Behind this triumph is a support system of coaches, family, and friends who have played a pivotal role in shaping Anshul into a champion.

This victory resonates beyond the individual accomplishment, symbolizing the potential that lies within young athletes committed to their craft. Anshul's win is a source of pride for the CM International School, highlighting the incredible feats achievable through hard work and determination.

As we celebrate Anshul's victory, we anticipate a future adorned with more accomplishments, inspired by the resilience and skill exhibited in this triumph.

Congratulations, Anshul, on this well-deserved win, and may your journey continue to inspire others in the world of gymnastics.

Anshul Patil
Joyful DII





Nidhi has achieved this year a yellow belt in karate. The first full grade a student can achieve is a Yellow Belt. This can be attempted after a minimum of 12 classes and involves taking part in a grading (along with other White belt students) and being assessed on your White Belt Curriculum techniques.

Yellow Belt - The first full color, this belt means that the student is beginning to learn and create a foundation in taekwondo. The color yellow represents the ground or earth in which the seed of knowledge has been planted and will grow.

It has been a good experience throughout the journey and it has increased her overall confidence.

Nidhi Jain
Joyful DII





You can't force a kid to play a sport. It has to be fun for them, especially at 6 years old. Ayansh has lots of energy, so playing a sport that's both fun and lets him use that energy is a good idea. With help from his coach and support from school, Ayansh got really good at gymnastics. People were surprised by how much he loves it. Recently, he joined a gymnastics competition and won a medal 🏆, showing everyone how hard he worked.

Ayansh Solanki
Joyful DII



Colouring can also be a form of mindfulness, as it allows you to be present in the moment and focus on the task at hand.

Yashika is a cheerful, curious and organized girl. She loves to colour and paint. Drawing and colouring makes her happy, engaged. She colours within the lines and with perfection. She takes her own time to complete her work. Colour combination she uses, texture and the kind of strokes she gives is quite impressive. Thank you CM International School, for organizing such competitions, hoping for many more to come.

Ashika Sahu
Joyful DII





Yuvaan, a bright and talented individual, has achieved remarkable success as a model at such a tender age.

Starting his modeling career at the age of 4, Yuvaan's unwavering commitment and natural talent have paved the way for his incredible journey. It is with immense pride that we announce his recent accomplishments, highlighting his exceptional talent in the field of modelling.

At the mere age of 5, Yuvaan received his first major breakthrough by securing a modeling assignment with the renowned brand, First Cry both for catalogue and brand video shoot. This achievement not only showcases his outstanding potential but also underlines his dedication and perseverance.

As if that wasn't impressive enough, at the young age of 6, Yuvaan has now been handpicked to represent the prestigious Amazon brand for catalogue shoots. This remarkable opportunity for him is a testament to his exceptional modeling skills and charisma.

Yuvaan Sharma Pandey
Joyful DIII



Neevansh is a quick learner and adaptable in all the environments. He has accomplished so much at Pre-Primary, including conquering confidence issues and making wonderful friends. He dealt with lockdown and remote schooling so well and then made a smooth transition back into classroom. A biggest achievement of Neevansh was that he was awarded Student of year in LKG (2022-2023). He has learnt many games such as Chess, Cricket and Gymnastic. Recently under the guidance of Vaishali ma'am he won a medal in Gymnastic and he is very much passionate about cricket. He admires Virat Kohli and like to play for India someday.

Neevansh Yadav
Joyful DIII



Everything is about your movements and precision and timing which is what gymnastic is about. Gymnastics is more than just cartwheels and flips. It's a means of developing and strengthening a strong foundation for life.

Malhar Sarang Maduskar (Joyful DIV) have won the medal and We are incredibly proud of the performance showcased by little gymnast Malhar at the Gymnastic Competition.

This achievement will definitely boost Malhar's confidence to compete at a higher level in future. We appreciate the contributions and efforts that his teachers are taking in making him perfect gymnast.

Malhar Sarang Maduskar
Joyful DIV



VAIDEHI started Gymnastics when she was 4 years old. As she got enrolled in this sport, she got to know her interest and love for Gymnastics. She started engaging herself enthusiastically and willingly in Gymnastics. This happened because of her school coach.

Recently she participated in Gymnastic competition 2023-24 organised by **ELITE VYAYAM SHALA**, where she achieved a certificate and medal as **"Special Mention"** for noteworthy participation in Artistics Gymnastics Level 1 competition. VAIDEHI's passion towards Gymnastics has made her a confident child

Vaidehi Patil
Joyful DIV