

**“Let us not pray to be sheltered from dangers but be
fearless when facing them”
-MOTTO TRATA HOUSE**



SPECTRUM

VOLUME 3

October-December

Editor's Note



FRANCIS K RAPHAEL



ANSHUMAAN DAS



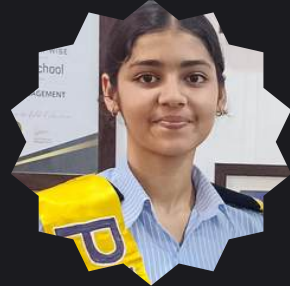
MANNAT SOOD



KATYAYANI KAUSHIK



N AADYANTH



AARUSHI CHAUDHARY

Dear Readers,

It is with great excitement that we present this edition of our quarterly magazine—a celebration of the creativity, achievements, and vibrant spirit of our school community. Within these pages, you'll discover stories, artwork, and milestones that highlight the incredible talent and dedication of our students, teachers and staff. This quarter has been marked by remarkable events, including our recent academic and cultural achievements, felicitations, a few good-byes and remarkable achievements made by our students as individuals [Stick till December to learn more about Kaamya]. A heartfelt thank you to all the contributors and the editorial team for their hard work and dedication in bringing this magazine to life. May it inspire pride and joy as we reflect on our shared journey.

Happy reading!

TRATA HOUSE





INTERHOUSE

GROUP

DANCE



TRATA



KUNJALI



ASVINI



ANGRE



YOUTH IDEATHON

IIT DELHI

Youth Ideathon organized by
Think Start up at IIT Delhi.
Our team made it to the top
100, members consisting of-

Aaroh Pisharody 11E
Yug Phaswal 11E
Kunalika Nadela 11E
Ananya Patankar 11D
Aarav Sinha 11D



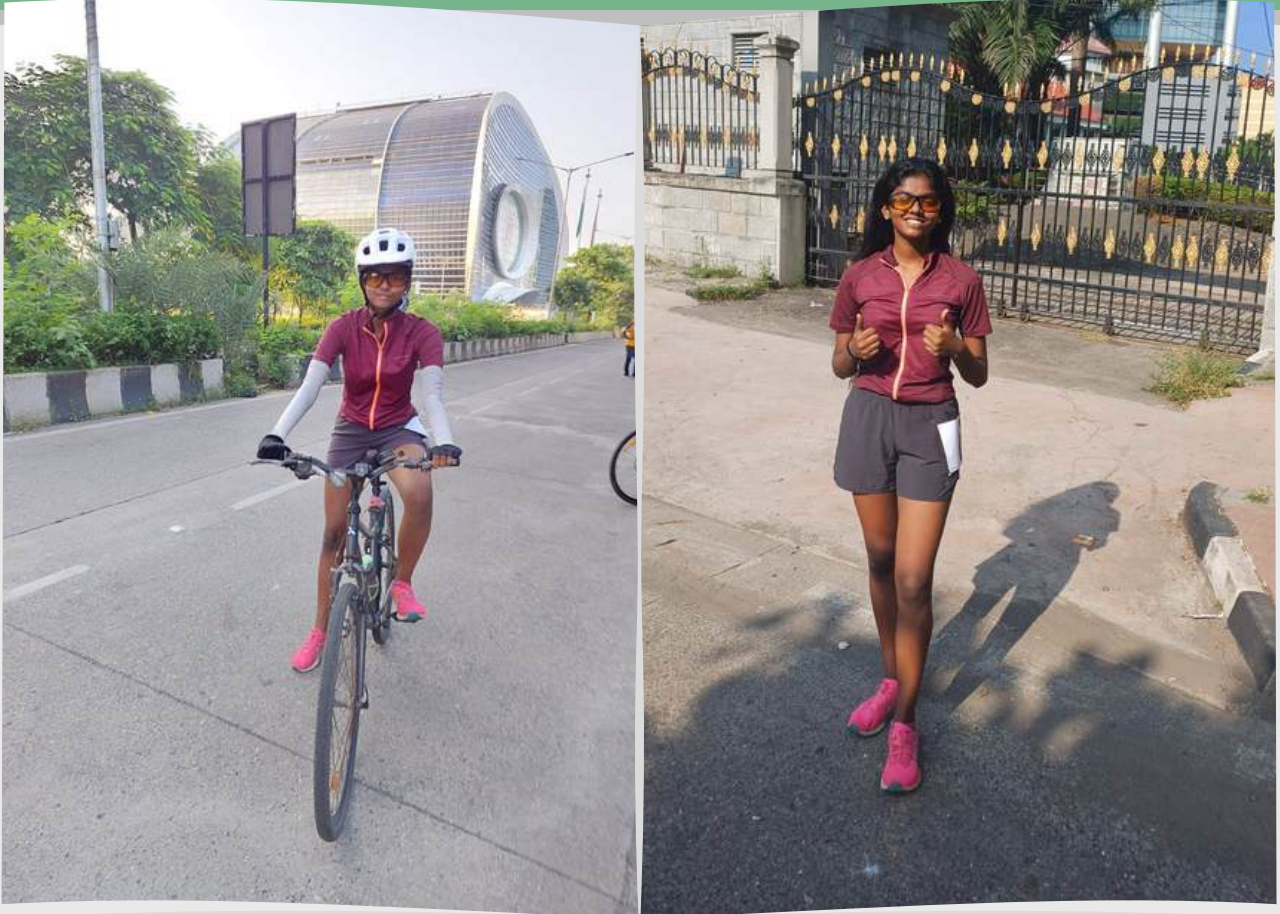
Museum Visit For Class 6-8



Museum Visit For Class 6-8



DSO CYCLING



OPHIRA OF XII D

BKC near ONGC building

Cycling- 6KM

2nd Position

Timing- 8min 55 Sec





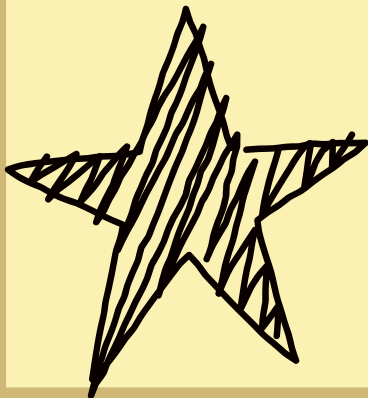


**Shlok Parab
9B secured
2nd position
in MSSA
Mallakhamb**



Fun times at PICNIC 2024

Class XII



Class XI



Class X



Class IX



Visit to Monteria Village

VI-VIII



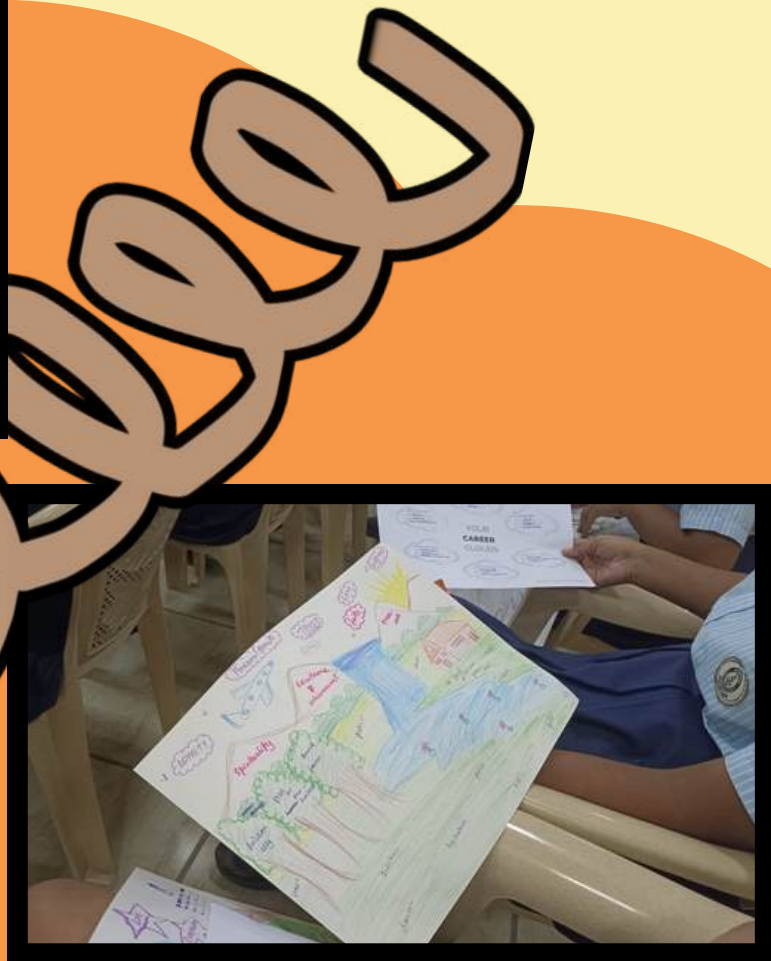
CHATRAPATI SIVAJI MAHARAJA

SANGRAHASALA

VISIT FOR CLASS 7



WORKSHOP FOR CLASS X AND XII - PREPARATION FOR BOARDS AND MAKING FURTHER CAREER CHOICES



FRONTIERS OF SCIENCE

A VISIT TO TIFR



FRONTIERS OF SCIENCE A VISIT TO TIFR

Class 10 : 7 students

Class 9: 7 students

Trs: Mrs Pushpa sheoran

Mrs Kusum

Mrs Alka

Ms Priyanka yadav



Visited TIFR labs and auditorium.

Two sessions were held.

Students were introduced to many concepts
of latest science and genetic engineering.



BASKET BALL
BASKET BALL
INAUGURATION MATCH
BASKET BALL
BASKET BALL



FELICITATION

AND FAREWELL



Today, NCS Mumbai flies high not only among other NCSs but among the topnotch schools of the country. It is definitely because the school has had a director who gave his best at all times.

Cdr Dr VP Senthil led the school as its director for more than four years and he led by example. An academician himself, with a PHD in physics, he was always willing to help the school grow in terms of providing quality education through excellent state-of-the-art infrastructure.

His dedication & love for the school is cemented from the very fact that he joined NCS Mumbai on 14 February 2021... Valentine's Day ... a day known in the calendar for love & how apt it has proved!

It is his infinite love for his profession & school that the school has been able to carve a name for itself in varied fields be it academic or non-academic.

Cdr Senthil's list of achievements is far too long as compared to the number of years he has worked as The Director of the school.

His involvement with the thinQ 22 & 23 team with dollops of chocolate boxes for the students and mentors kept them going and winning laurels.

And not to miss, the ever-flowing cups of tea and coffee in the staff room with the purchase of coffee machines has definitely added an MNC culture to our lovely staff rooms!

Mumbai's loss will be Chennai's gain. He has moved as Senior Education Officer to INS Adyar in Chennai.

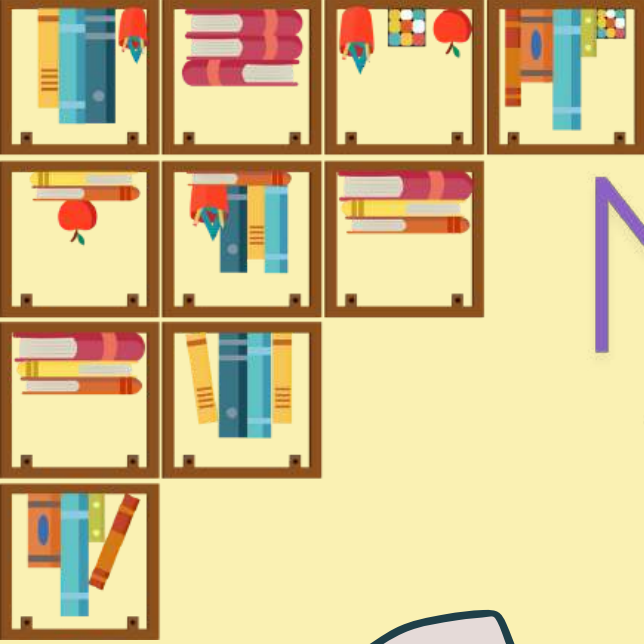
NCS Mumbai wishes him good luck in all his future endeavours. He will be immensely missed by all.

-Mrs Monisha Rastogi PGT



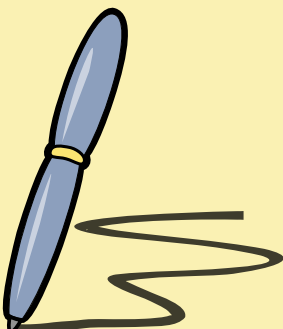
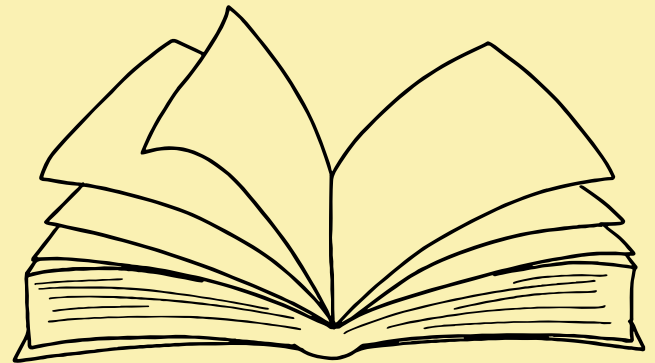
iDream aptitude assessment class XI and IX





NCERT

WORKSHOP



Electoral Politics Class IX

Resource Person – Mr
Santosh Parage



AQUATIC

MEET 2024





WINNERS



GIRLS UNDER 16 (50 METER FREESTYLE)



BOYS UNDER 18 (50 METER FREESTYLE)



GIRLS UNDER 18 (50 METER FREESTYLE)



BOYS UNDER 16 (50 METER FREESTYLE)



GIRLS UNDER 16 (50 METER BREAST STROKE)



BOYS UNDER 16 (50 METER BACK STROKE)



BOYS UNDER 18 (50 METER BACK STROKE)



GIRLS UNDER 12 (50 METER FREESTYLE)

Night Sky Observation Event conducted by TIFR , At NCS Mumbai Terrace.



CBSE Science exhibition Regional level



**Title: EcoGuard
Revolutionizing Food
Storage for a
HungerFree Future**

**Sub theme - Food, Health
& Hygiene**

**Position -
Participants**

Students

- 1.Dhvvani Gupta**
- 2.Tanisha Gupta**

Mentor Neha More





Felicitation of Half yearly toppers



Avinash Jhakar 10C



Aaroh Rohit Pisharody 11E



Mahi Kapoor 7B and Prapti Pandey 7A



Sachi Parge 9D



Hriestiel Tatwadi 8B

Felicitation of Best Academic performance



11D AND 11E



8A



12C AND 12D



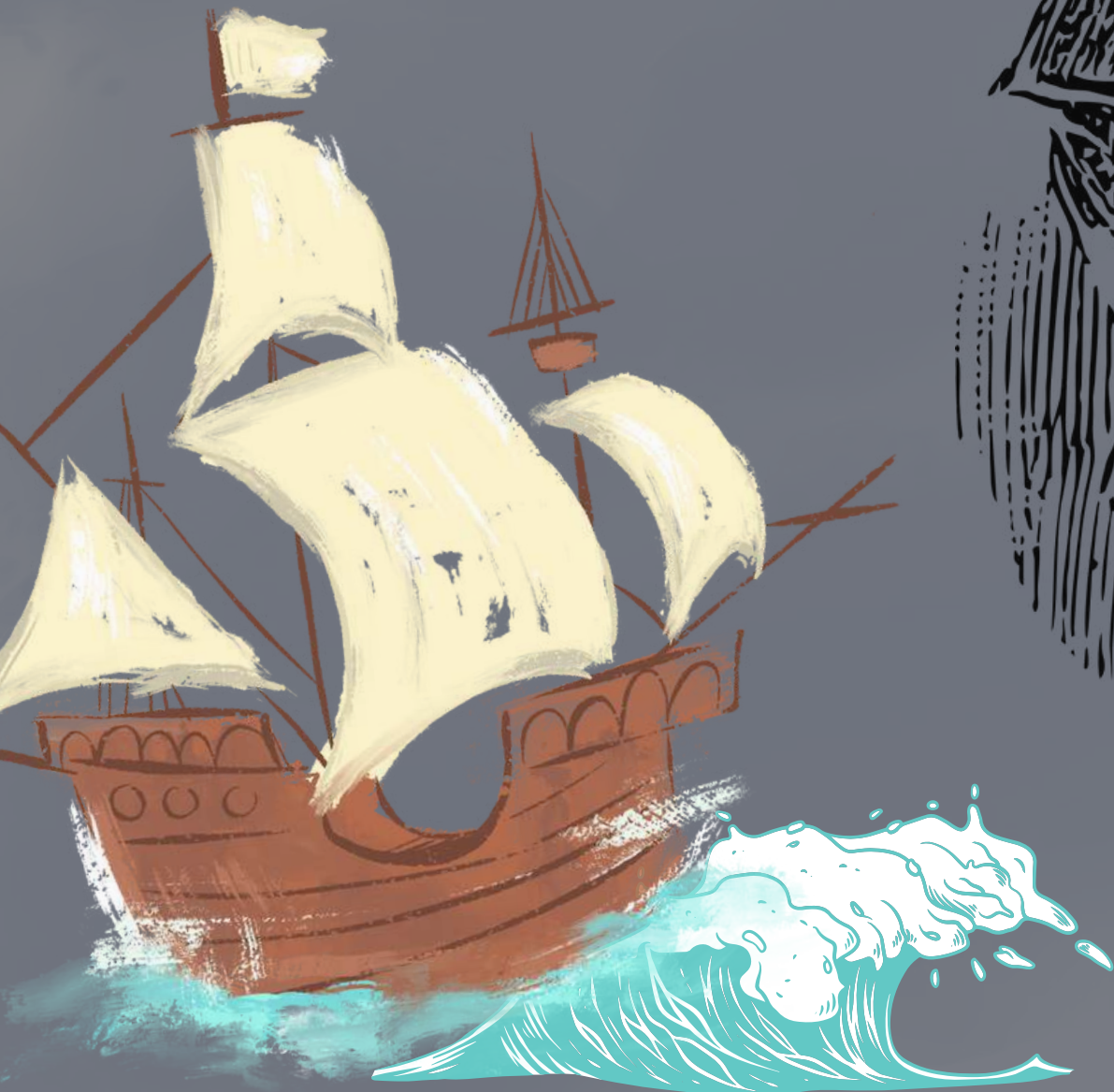
9C



10C



7B



FLAG OFF OF **Kaamya Karthikeyan**



Rear Admiral Sundeep K Verma, NM, Chief Staff Officer (Personal & Administration), Western Naval Command officially flagged off the expedition by handing me the ceremonial ice axe with the Indian Flag and the Naval Ensign, which I will carry to the summit of Mt. Vinson.

-Kaamya



KAAMYA KARTHIKEYAN

SUMMITING 7 OF THE HIGHEST PEAKS PROJECT SAHAS

“The youngest female mountaineer to climb the highest peak in all 7 continents” - It still feels absolutely unreal!

02 FEB 2020



MT ACONCAGUA
6962M

23 OCT 2018



MT KOSCIUSZKO
2228M

14 JUN 2018



MT ELBRUS
5642M

25 OCT 2017



MT KILIMANJARO
5685M

7 years of climbing
7 Summits
7 Continents
- at 17 years

28 JUN 2022



MT DENALI
6190M

20 MAY 2024



MT EVEREST
8849M

24 DEC 2024



MT VINSON
4892M



In Commemoration of Navy Day



**Annual Interschool Nehru
Science Centre Quiz
Competition, held at Nehru
Science Centre**



INTERHOUSE

START UP!

BRILLIANT IDEAS PITCHED ON A FINE DAY.....



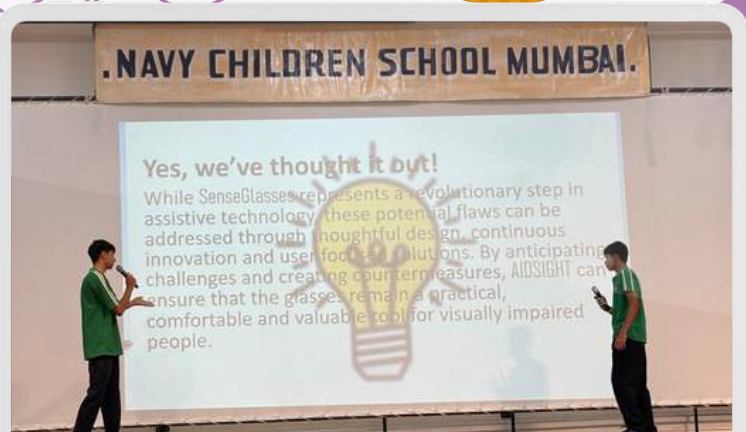
TRATA



ANGRE



ASVINI



KUNJALI





INTERHOUSE

IN THEIR

SHOES



WINNERS



Ishanvi Nair 8A

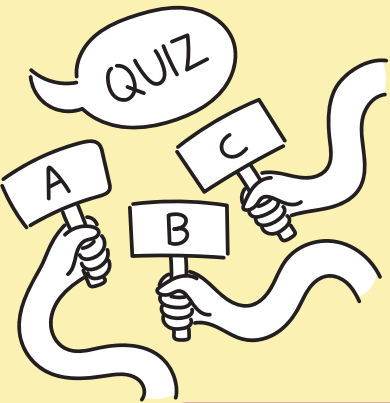
Viaan Jain 6B

Aayat Ahmed 8B

Zayaan Zulfikar 8A



Sunbeam Lehartara Quiz



**Varun Rana & Avinash Jakhar Xth std.
It was national level event**



Extempore and Exploratory Speech Competition Sunbeam Lehrata



**N Aadyanth 11D and Aashman Pratap
Singh 11D**

INS SHIVAJI QUIZ!!

Winners with 210 points
Divyansh Singh Bhadouriya 11C
Karthik Kishore 11A
Arnav Pandey 11C



ENIGMA is a prestigious national quiz conducted by INS Shivaji. Arnav Pandey (me), Divyansh Bhadouriya and Kartik Kishore comprised the quiz team. The first round which was an online qualifier round was held on 25th November, 2024. Happiness soon dawned upon us the day we got the news that we had qualified for the final round. We were on cloud nine because we had the golden opportunity of representing our school at such a stage. The fact that we had exams just a few days after the quiz made it appear even more stressful but we pushed on with our preparations.

The day of the final round finally came- 6th December, 2024. We left for Lonavala early, discussing 'quiz stuff' all along. Since the quiz was supposed to start at 3 pm, we decided to have lunch and then proceed to the Menaka auditorium where it took place. Anxiety hit hard when we were called upon the stage to be seated at our designated places for the quiz. Seeing so many naval personnel who had come to view the quiz filled us with a sense of pride (and maybe some nervousness too). But we managed to ace the quiz. We ended up winning the quiz with a huge lead of 70 points. After the award distribution concluded, we moved outside to the lawn for high tea with the service personnel. Then we got ourselves some pictures clicked, wished other teams, bid goodbye to the organisers and embarked on our journey back home. The car ride back was surely more fun than the former, concluding with a treat at McD. Overall, this quiz was an amazing learning opportunity for all three of us and definitely an experience which we would cherish forever.

**-Arnav Pandey
XI-C**

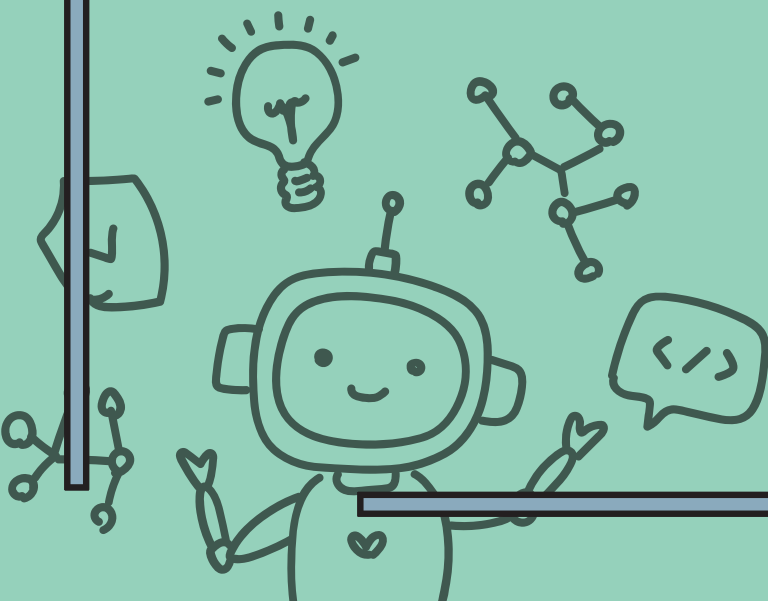


It was a thrilling experience participating in the Indian Oil Science Quiz, teaming up with my classmate Sachi Parage to represent Navy Children School, Mumbai. As we arrived at the venue, bright and early at 9 a.m., we were greeted by a sea of enthusiastic students from various schools, all united by their shared passion for science. The quiz proved to be a nail-biting challenge, with brain-teasing questions that put our knowledge to the ultimate test. Meeting fellow science buffs was a highlight of the event, and I took away valuable lessons and insights that will help me grow as a student.

Laasya IX D

Achievement at Techfest

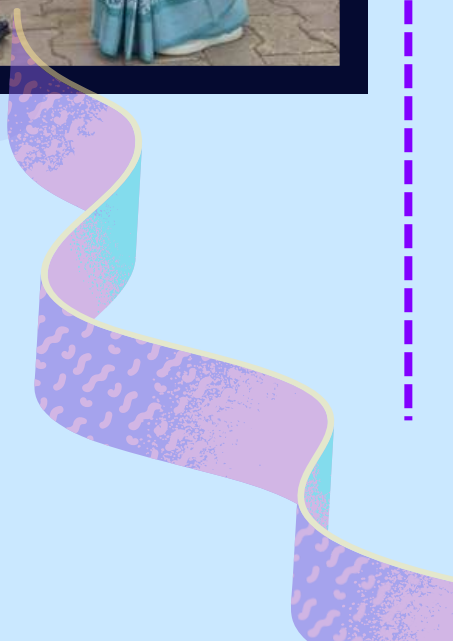
-IIT BOMBAY



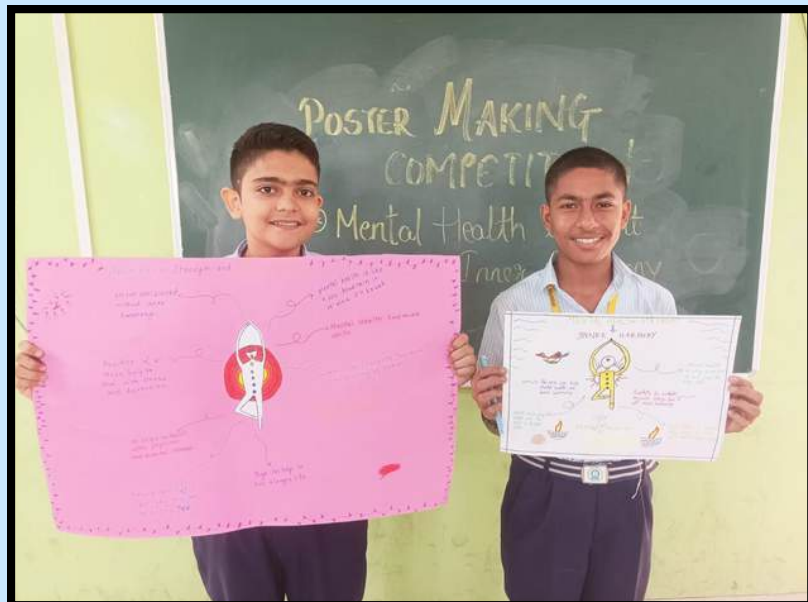
Excellence in Edu junior essay writing competition 2024

Aditi Joshi 9A

ESSAY



MENTAL HEALTH POSTER MAKING COMPETITION





CREATIVE CORNER

Story of a Student's Life

Beneath the dawn's soft golden hue,
A student wakes, with dreams in view.
A world of books, both friend and foe,
Where seeds of knowledge strive to grow.
With pages worn, their stories told,
A mind is shaped, a heart turns bold.
Each lesson learned, each trial faced,
Builds steps to dreams they long to chase.
The ticking clock, the midnight lamp,
The hurried notes, the mental cramps.
Yet through the stress, the moments tight,
A spark within burns ever bright.
Friendships bloom in hallways vast,
Shared laughter echoes, memories cast.
Failures sting, but teach anew,
The strength to rise, to see it through.
Oh, the life of a student: a journey steep,
With mountains high and valleys deep.
Each tear, each smile, a chapter made,
A tale of growth that will not fade.
For in the end, when dreams take flight,
The student shines, a beacon of light.
Their struggles past, their goals in sight,
A testament to their endless fight.

-Eshdeep Singh 11B



TIME AND TIDE

The leaves falling
Across my window
Tell me that autumn is here

Just yesterday Spring
seemed so near

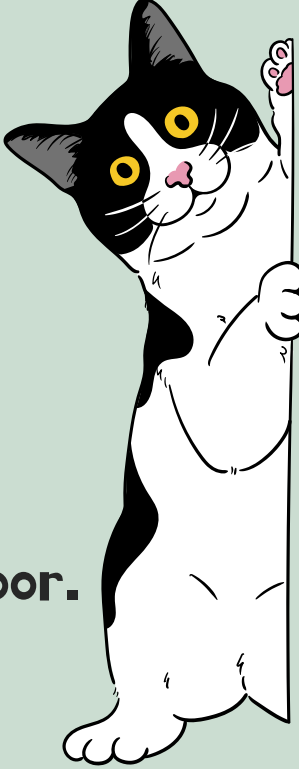
But time and tide wait for none
So I must step back up
For over is not the day
And still I have to go a long way

-N Aadyanth 11D




ADVENTURES OF LOU THE CAT

I once met a cat named Lou,
Who wore a tiny hat, it's true.
He'd sip tea with a little spoon,
And hum along to a jazzy tune.



He tried to bake a giant pie,
But it ended up a pizza—why?
He sneezed and flipped it to the floor,
Then blamed the dog who snuck through the door.

Lou played chess with a garden gnome,
He'd say, "Checkmate!" and then run home.
The gnome would grumble, "What's the deal?"
But Lou was busy eating a banana peel.




Oh, Lou the cat, what a sight to see,
He once tried to juggle—he lost the key.
Now the house is locked, but that's okay.

-Avani Madne 9B

How to overcome fear of

MATH

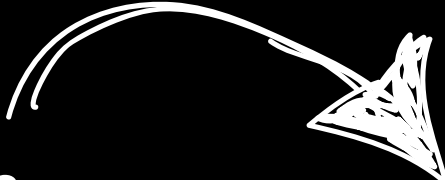


Mathematics has been widely attributed to the pain and suffering of the average student.


However, there is always a brighter side to things

When you're making your way on foot to a destination, we all prefer to take diagonal paths through buildings than going around their sides. This is simply Pythagoras' theorem. To buy groceries, addition and multiplication can help you calculate costs, and subtraction can help you figure out the change you need. To determine your taxi fare for a trip, linear equations can come in handy.

Variables and quadratic equations often appear in our chores, .



We need to stop looking at math as simply a school subject that we need to only pass in to move on with our lives. Math is a natural phenomenon even in our environment, and though several topics taught today rarely have applications, basic mathematical reasoning is incredibly useful to the common man.



Finally, if all else fails, and you are still not convinced that Math isn't a concern, the best way to let go of your apprehension is to simply understand the concepts, not cram them without logic. Everything in math has been logically arranged and thought out with careful considerations. As long as you grasp these concepts, you'll solve each problem lickety-split.

TEEN LIFE

The world feels big, the heart feels wide,
A time to dream, a time to glide.
With laughter bright and worries deep,
Teenage life's a road to keep.

The days are fast, the nights are long,
We search for where we do belong.
Friends come close, then drift away,
Yet we find strength in every day.

So much to learn, so much to feel,
Every moment seems so real.
In teenage years, we chase and try,
Reaching for stars in a changing sky.

With hope and fear, we walk the line,
Between the past and what's divine.
Teenage life is wild, untamed,
But it's where we find who we became.

BLOSSOM

**She resembles a flower
Born in winter
With it's soft and coral petals
Breezing of the snow,**

**God used all his gems
To create a wonderful soul
Sweeter than expected
Tougher than you'd ever think,**

**All that her hands do
From golden days
To silver lit moons
Doesn't ask anything in return
But a happy soul living to it's fullest,**

**Each blossom has a tale
To make us stronger
Every flower has a story
To make us powerful
Like a cherished hymn.**

-Anvi Gangatirkar 11B

The Journey of an Author

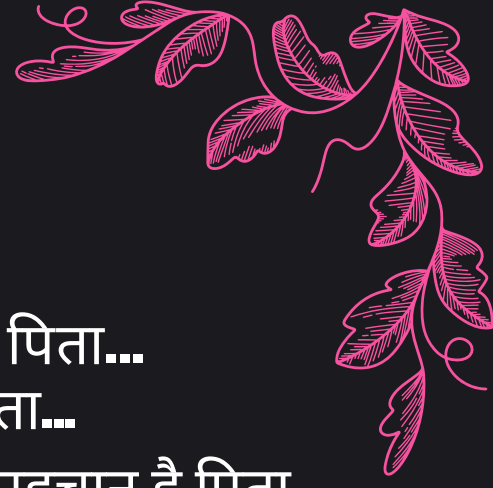
Every author's journey is unique, but it often begins with a simple love for stories. For many, writing starts as a hobby—scribbling down ideas, creating characters, and imagining worlds. It may be years before an author decides to turn their passion into something more serious.

The first step is usually filled with doubt. Will anyone read this? Is it good enough? But as they write, authors learn, grow, and refine their craft. Rejections from publishers can be tough, but each "no" teaches them something valuable. Eventually, after hard work and persistence, the right opportunity comes.

The process of writing a book is long and challenging, filled with both excitement and frustration. But the moment a book is published, all the struggles fade away, replaced by the joy of seeing one's work out in the world. For an author, the journey doesn't end with a book release; it's a lifelong process of creation, learning, and sharing stories with others.

Through every challenge, an author's journey is one of passion, perseverance, and the deep desire to make their words come alive for readers.

पिता



कभी अभिमान तो कभी स्वाभिमान है पिता...

कभी धरती तो कभी आसमान है पिता...

जन्म दिया है अगर माँ ने, जानेगा जिससे जग वो पहचान है पिता...

कभी कंधे पर बिठाकर मेला दिखाता है पिता...

कभी बनके घोड़ा घुमाता है पिता...

माँ अगर पैरों पर चलना सिखाती है, तो पैरों पर खड़ा होना सिखाता है पिता...

कभी रोटी तो कभी पानी है पिता...

कभी बुढ़ापा है तो कभी जवानी है पिता...

माँ है अगर मासूम सी लोरी, तो कभी ना भूल पाऊँगा वो कहानी है पिता...

कभी हँसी तो कभी अनुशासन है पिता...

कभी मौन तो कभी भाषण है पिता...

माँ अगर घर में रसोई है, तो चलता है जिससे घर वो राशन है पिता...

कभी ख्वाब को पूरा करने की जिम्मेदारी है पिता...

कभी आँसूओं में छिपी लाचारी है पिता...

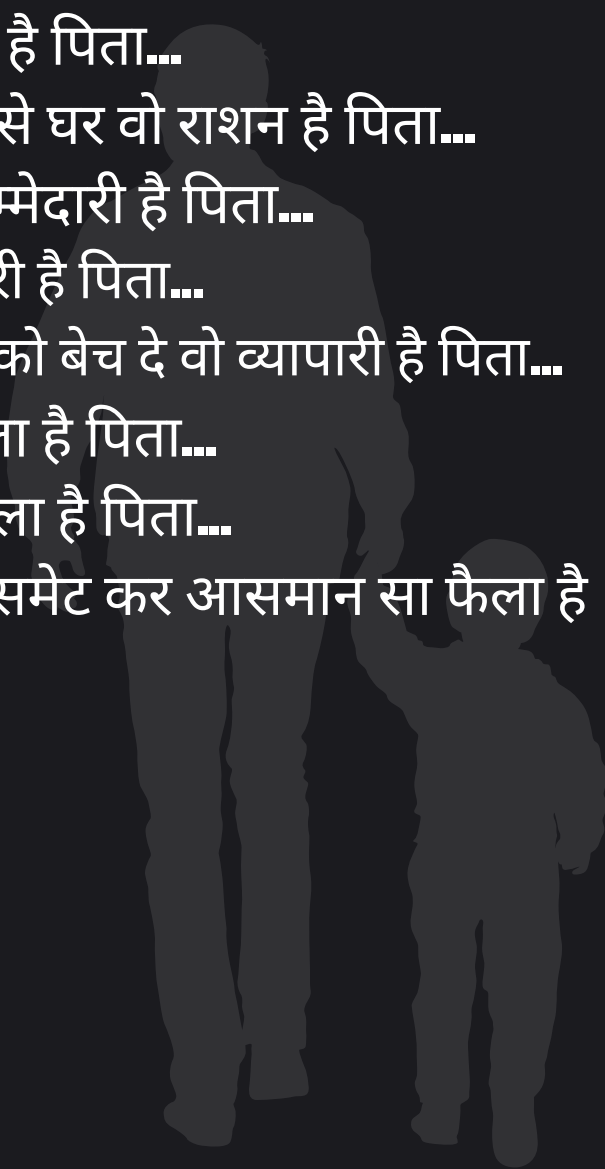
माँ बेच सकती है जरूरत पर गहने, तो जो अपने को बेच दे वो व्यापारी है पिता...

कभी हँसी और खुशी का मेला है पिता...

कभी कितना तन्हा और अकेला है पिता...

माँ तो कह देती है अपने दिल की बात, सबकुछ समेट कर आसमान सा फैला है
पिता...

-Rajni 10A

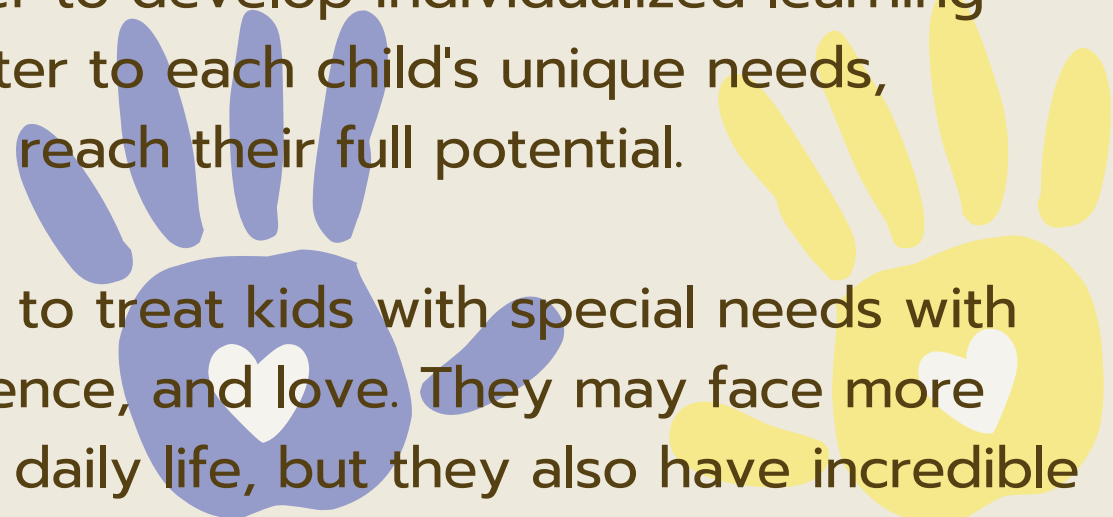




EMBRACING SPECIAL NEEDS

Children with special needs are those who require extra support due to physical, mental, or emotional challenges. These challenges can vary from learning disabilities and developmental delays to physical impairments and emotional struggles. Special needs can also include conditions such as autism, ADHD, or Down syndrome.

Supporting these children involves creating an inclusive and understanding environment, both at home and in school. Teachers and parents often work together to develop individualized learning plans that cater to each child's unique needs, helping them reach their full potential.



It's important to treat kids with special needs with respect, patience, and love. They may face more challenges in daily life, but they also have incredible strengths and abilities. By fostering kindness and inclusion, we can create a world where every child, no matter their abilities, feels valued and supported.

MY FIRST PREBOARD

So yeah . like every mediocre 10th grader I had my first preboards .. but what really is a matter .. that i really dont feel like giving one. So it all starts 15 days before my preboards starting and preparing for it .. and like every 10th kiddie considering Ajay sir and Aashraff maam's lectures to run through my syllabus. And every time I studied I just went on and on till the day of my preboard. My very first preboard of MATHS- yeah, it was awful but at the same time I also know the reason, it was due to a major problem I think every student faces and that is STRESS. I was so stressed that I forgot to enjoy those moments of my life's very first experience. And for my juniors this is a very big tip !! but knowing this I gave all of my other preboards stress free and I guess I should never let myself down again especially on this. So, it is a very big tip for my juniors and kind of a writeup to express my emotions and feelings.

-Rajni 10A



ART GALLERY

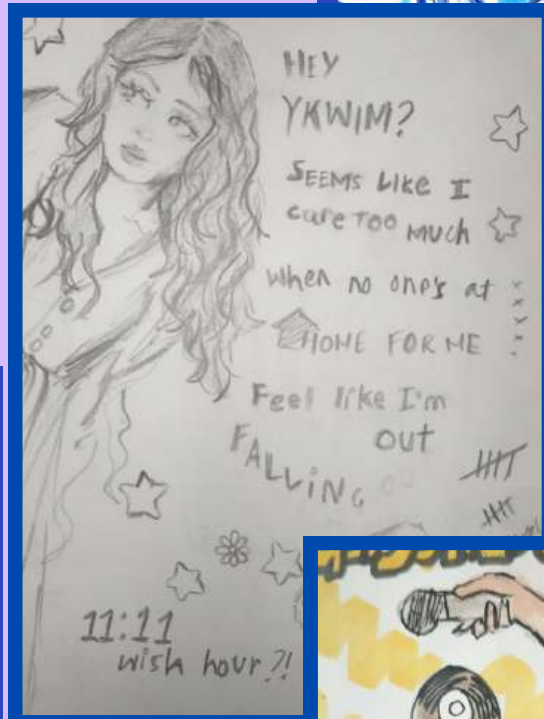
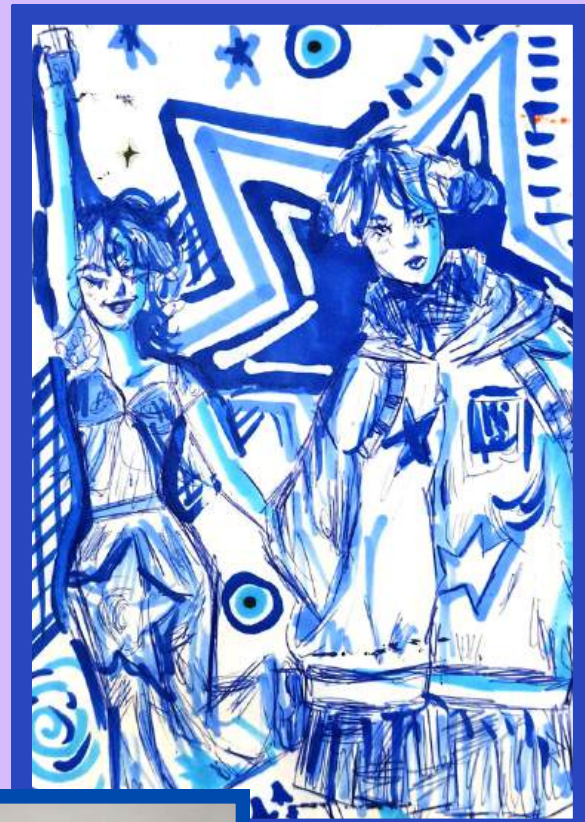


Akash's Artwork



Akash XA

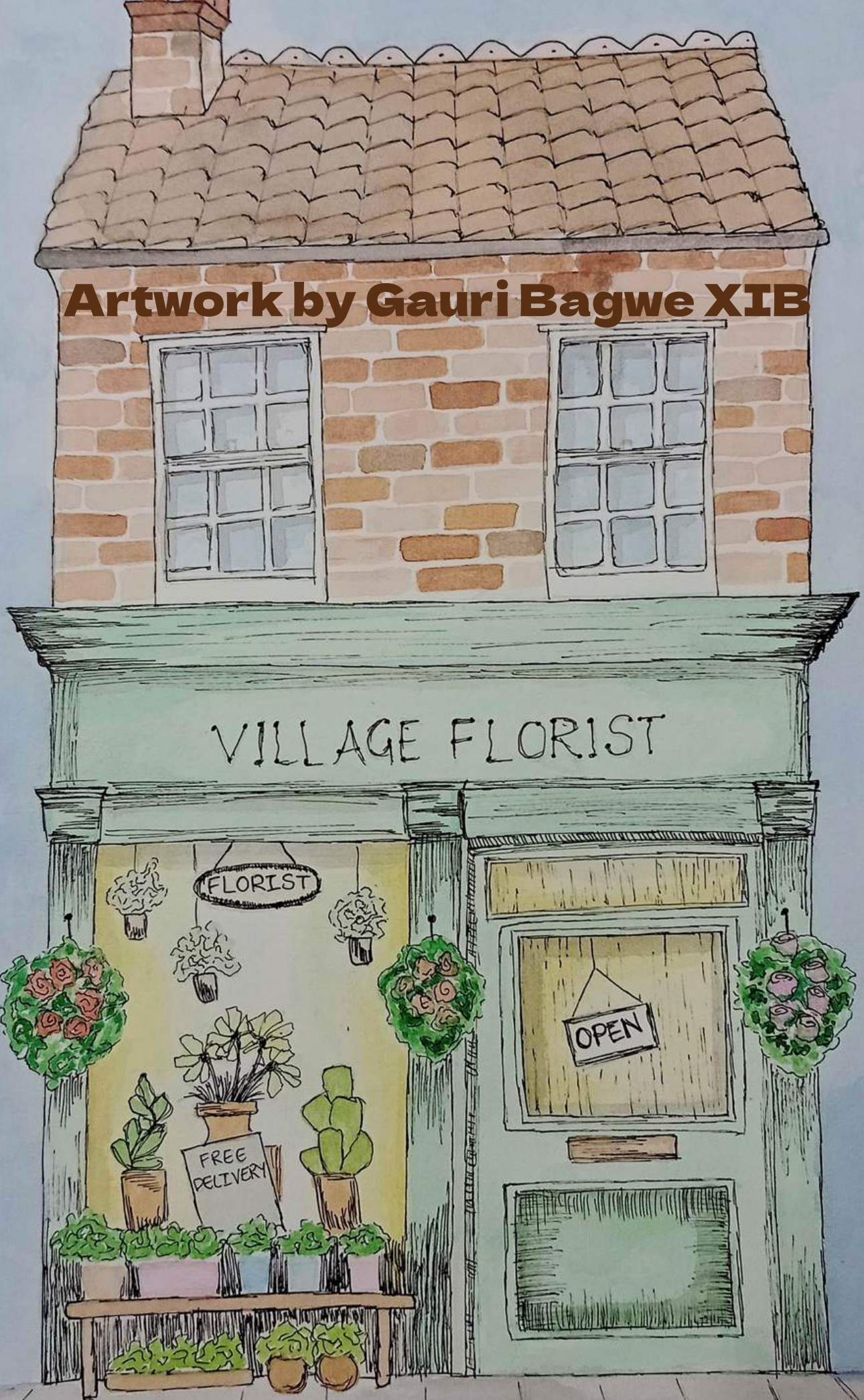
Artistic Showcase of Avani's (IXB) Imagination



K Snehith's (XA) Work Of Art



Artwork by Gauri Bagwe XIB



Rajni's (XA) illustration of art



Prabdeep Kaur

Class VIII-A



The Artistic Creation of Tripti Jhangra IX E



Vaibhav's artwork



Katyayani's (IXD) MasterPeice



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We the editors of spectrum, would like to extend our heartfelt gratitude to each and every one of you. To our contributors, your creativity, passion, and dedication bring life to the pages. And to our incredible team, your hard work, talent, and commitment are really appreciated. Together, we create something truly special, Thank you for being an essential part of this journey.

*Warm regards
The Editors*

