



# AMHS CONNECT

JULY '20

2<sup>nd</sup> Edition

# EDITOR'S SPEAK

## In the Time of Quarantine

Let's pray, support and educate the mass,  
Like all difficult times, this too shall pass.  
Not the time to mock but spread awareness,  
Do not create panic or indulge in distress.

For those at home, it's not a holiday,  
For those at work, stay safe in every way.  
The times are truly troubled and testing,  
Let there be some jest while introspecting.

Enjoy the sprouting and churning of mixed thoughts,  
Bringing along with it opportunities of all sorts.  
Find ways to make use of this and not philander,  
These unique days of being distant yet close together.

With social distancing, life is on a different mode.  
It's all about survival so shed that extra load.  
Prayers, positivity and protocol adherence time,  
We can make the most of this period of quarantine.



Sushma Mimani Nevatia  
Batch of 1989

AMHS  
SAVE THE DATE  
Alumni Idol  
PRESENTED BY  
ALUMNI OF MODERN  
HIGH SCHOOL FOR GIRLS  
SEASON 6  
9TH AUGUST  
To be conducted on a virtual platform

# MORALS IN MISCHIEF



Shravani Dutta  
Batch of 1989

Regional business leader with Trinity Health, Illinois. She lives in Chicago and she has traveled extensively for both work and leisure. Her travelogues, poetry and keen observation from varied cross-cultural experiences has published in local and international magazines.

Children live in a largely controlled world, yet one of the most precious and liberating memories growing up was going to school. In purely dietary terms, we got information and knowledge that fed and nurtured our intellect and character, but what we sometimes overlook is how seemingly simple acts of childish mischief remain teaching moments for life!

Amid all such experiences, I remember once in Class V, I had emptied a water bottle at 3:30 PM from a window, so that I could put it in my school bag, and walk hands free. The water had streamed to a Mrs. Diana Biswas who was returning from the Ice Skating Rink. Startled at the sudden outpour, she had sent Mrs. K Ray to identify the culprit and in no time, Mrs. Ray was at our classroom door, asking the girl to own up. Filled with horror, I decided to raise my hand. She escorted me to Mrs. Biswas' office, who admonished me mildly and let me go. I learned that day, if I were taking lazy shortcuts; I could land in unexpected situations. Up to me to find smarter ways out or just be brutally honest and stand with my foot in my own mouth! I found a strangely compelling desire to keep going with the latter.

Sometime in Class VII, one of us had ingeniously stuck a chewing gum on the surface of our English Teacher's chair. Her A-line skirt, sat the whole period and the menace of the gum did not easily release her from the chair when the bell rang! She turned scarlet in rage and quickly reported the incident all the way up to Mrs. Wilson De Rose.

Since no one owned up, the whole class had to show up at her Office. We were paying penalty with marks slashed from class tests and increased count of surprise tests. Some of us decided to use a device to communicate with spirits and clench the responsible person for an apology. I pitched the whole idea of planchette to my class, and most of them readily agreed. You have groupthink taking over feeble voices, right there! I was also elated to have found my voice! We ignored the unsure, and the willing rest stood guard at the door. The handpicked members, planned, scoped and at lunch break drew the blinds, and summoned the spirit of the just departed music teacher, Miss Payne in to a dark classroom. Right as the spirit had descended and the planchette was picking momentum, a very irked elderly teacher threw the door open and barged in. We ran under the desk along with the spirit of Miss Payne, to seek refuge and anonymity. I learned how noble be the intent of exercise and the vigor of the team, there could be someone to trivialize the pursuit! Finding a voice came with a bit of explaining too and a few mysteries in life will remain unsolved. To this day, I live with the guilt of rousing a harmless music teacher from her eternal peace to resolve our complex problem, when as a bunch we only played pranks and made every effort to douse her music classes with our banter!

# ARTSPIRATION

The co-founder of Art Rickshaw, an art school, and gallery located in Kolkata. I'm lucky to have grown up in the City of Joy, which has largely provided socio-cultural context to my work.

Founded by my mother and I in 2016, Art Rickshaw has grown to become the premier destination for art enthusiasts in a city that is often called the cultural hub of India. Though I was occupied with pursuing a full-time degree in Mass Communication & Videography for the first two years of operations, the attention I paid to Art Rickshaw's development never wavered.

My lack of formal education in the field has surprisingly proved advantageous for me as it helps me to look at pieces from the perspective of the viewer. The aim of my work is to make art more accessible – to take it out of closed rooms and galleries to open spaces, where the layman can enjoy it. For the last three years, I've spent a large part of my time in curating and creating an annual one-day street art festival, called Kalfest, that takes place in the 1000-foot long lane that houses my gallery. The three editions have been roaring successes, drawing a cumulative crowd of over a hundred thousand people. The 2020 edition in January saw over 50,000 Calcuttans walk through the coloured street.

Along with the development of the festival, I have managed to keep an observant eye on the progress of both my creative process and that of my managerial abilities. Growing up in a family of entrepreneurs, the latter has always come naturally to me, but the former has been a product of endless experiments with photography, videography, and finally, three-dimensional art installations. Both of the above activities have provided me with insights and experiences that come together to build a strong foundation of technique, aesthetic sense, and designing skills. I've learned how to develop projects from inception through production to final delivery, ensuring that all work is effective, appropriate and delivered within rigid deadlines.

Fortunately, I got the opportunity to travel starting at an early age and whenever a trip ensured an escape from the hustle-bustle of Calcutta, I'd take my camera along, to capture sights that I don't come across every day. It started out as a simple exercise in documenting sights that I liked, slowly inching towards an obsession of reproducing an array of anything the human eye deserves to see.

**Devanshi Rungta**  
Batch of 2015

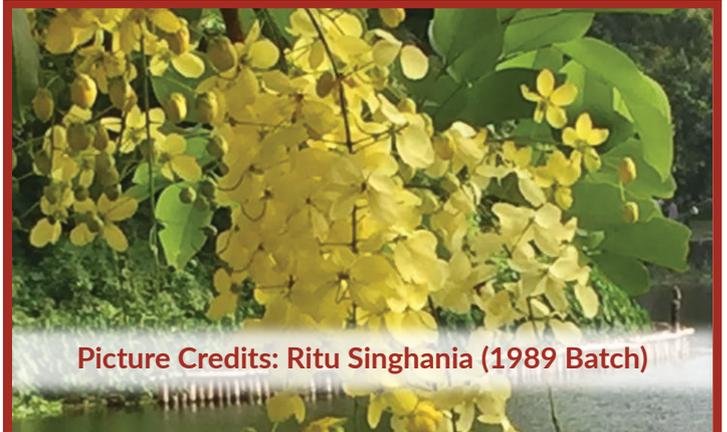


Picture Credits: Ritu Singhania (1989 Batch)

"I took a walk in the woods and came out taller than the trees."

Being diagnosed with an Auto Immune condition, I was advised by the doctor to go for regular walks. Living just opposite the Rabindra Sarobar lakes, I landed up there one fine morning, and was hooked! I was mesmerised by the beauty of the place. The serenity of the surroundings, the vibrant flora and fauna, the sweet chirping of the birds, were all therapy for my soul. I began to capture little things which caught my eye, on my phone camera. I realized this gave me immense happiness and positivity. Thus began my journey as an amateur photographer, and nature was my muse, in all its various hues and moods!

**Ritu Singhania**  
Batch of 1989



Picture Credits: Ritu Singhania (1989 Batch)

# TO NOURISH IS TO FLOURISH



Armed with the aspiration of becoming a renowned nutritionist, these words encapsulate the essence of my being. Fitness and health is not just about measuring the gravitational pull between the earth and you but it is about ensuring the holistic development of a person including physical and mental well-being.

Food is ubiquitous. It is one of those unparalleled links we all share regardless of race, religion or region. In India, no occasion is complete without the presence of food. It serves as an exceptional way to bond and socialize with people. Even though I belong to the processed food generation, my penchant for healthy eating stems from the good food habits inculcated in me by my family.

Right from my formative years in high school to this hour and moment, food embodies every aspect of my life. Being elected the Vice- President of the Spice Club (Cookery Club) in high school gave me a major head start in this field. For my higher studies, I got the opportunity to combine the elements of taste and nutrition and ended up pursuing Food Science and Nutrition as my major. This course gave me a better understanding of how the human body functions, how it utilizes the food we eat and what should be prescribed to a person suffering from a disease.

"Immunity" is a word that has gained prominence while we've been combating the pandemic. Many 'self-proclaimed nutrition experts' have prescribed quick fixes to 'boost your immunity'. But Alas! Good immunity isn't something that is built overnight or within a week/month. Your lifestyle including sleep, exercise and dietary habits over several years determines the same. Did you know that 70% of our immunity is in the gut? This is majorly mediated by the good bacteria present in the gut. Hippocrates once said "All diseases begin in the gut". Thus, ensuring good gut health by consuming probiotics (good bacteria) and prebiotics (food for the good bacteria) in your diet is essential.

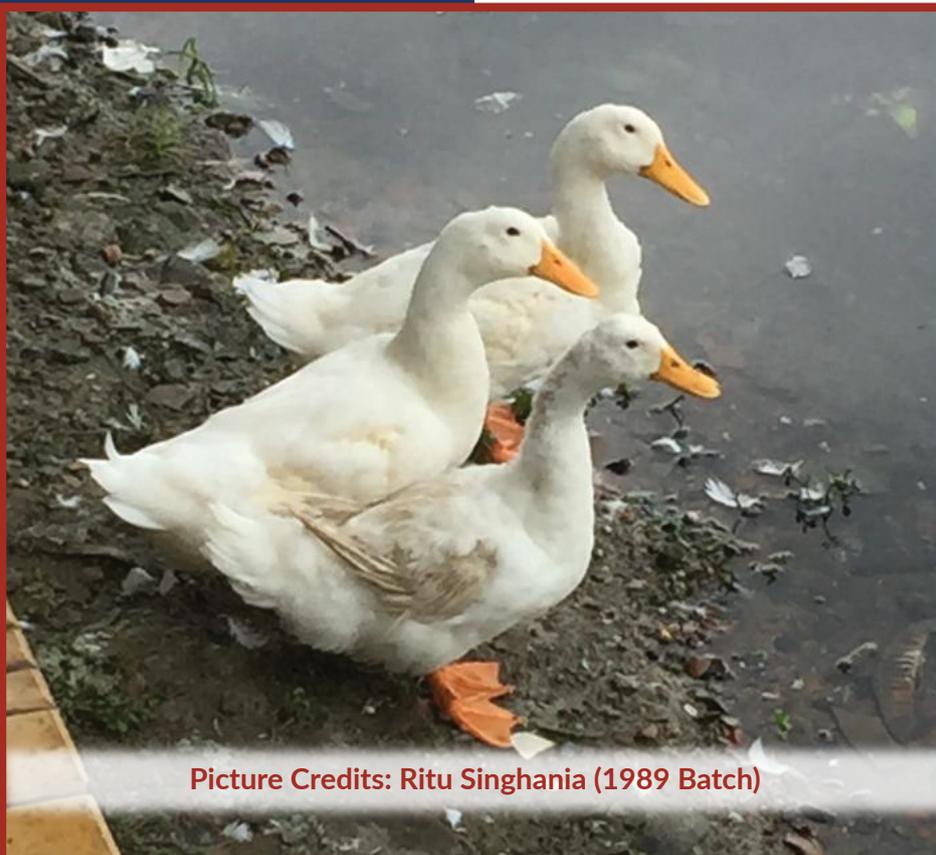
Our gut is also recognized as the second brain of our body as it releases several neurotransmitters like serotonin, dopamine that uplift our mood. The gut and brain is connected to each other by nerves. This is why, whenever we feel stressed, we experience digestive issues or changes in appetite. So, the next time you have a gut feeling or gut wrenching experience, you'll know why! It is important to stay positive in times like these. Food can be used as a powerful coping mechanism, if used wisely.

Whenever we see people seeking financial advice they go to financial experts, people with ailments go to the doctor and individuals with legal issues consult lawyers. However, when it comes to understanding how to eat right, people fail to take help from nutritionists. One should always consult a qualified nutritionist to make dietary and lifestyle modifications. Eating right helps people meet a healthier version of them. I urge you to build a healthy relation with food and derive its benefits.

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- Aditi Nevatia (Batch of 2015 )



Picture Credits: Ritu Singhania (1989 Batch)



## ALUMNI OF MHS MEMBERSHIP DETAILS

Price: Rs 4500 (for life membership)

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**Madhuparna (Mamlu) Chatterjee**  
**Nee Dutta Roy**  
**Year of 1978**



Mamlu Chatterjee is a Mom, an editor, reader, and writer who is currently learning about the secret life of cats, and re-learning how to make Pickles & chutneys; she loves dogs, baby elephants, and lives in a red cottage on a hill in the tea plantations of Malaysia.

“Those schoolgirl days,  
of telling tales and biting nails are gone;  
but in my mind.... I know they will still live on and on.  
But how do you thank someone, who has taken you from Crayons to perfume?”

It isn't easy but I'll try.....

I have grey hair and grown children now, and yet, no matter what the occasion, no matter how accomplished we are, we revert to being schoolgirls whenever we are together with our school friends!

School. Modern High School. Mad Hatter's Society. Whatever name you know it by, it's a place we all went to, every day, red belts in place, hair braided neatly, past the stunning Ma-Saraswati, hiding from prefects at every corner, all the way down, past (Willie's) Mrs Wilson de Roze's office, down the paved walkway to the shed. For Assembly, for PT Classes. For Drama Rehearsals. For Hot Lunch. For Jhaal chips and Green Mints. And for those dreaded Mark Readings!

Those prayers we said every day, that beautiful Sanskrit hymn we sang (off-key, unless you were Alka Yagnik) and that school song which, we can break into, at the slightest bidding, even now! Are they not ingrained in us, even today?

What magnificent teachers we had - Chhanda Bose, Neena Singh, Mrs. Bagchi, Nilima Sen, J Roy, 'Chhota' Bagchi, Mrs Mallik, Karuna Saha, Ms Narayanswamy! And those, we still remember by the affectionate monikers we gave them - Colty, Dizzy, Globe, Laddu, and so many others who, along with theorems and Grammar and Map Pointing, also sneakily 'taught us right from wrong, and weak from strong' - that's a lot to learn, yeah?

We learned under that huge tree how to play hopscotch and march to a tune for drill display; how to walk tall even when we wobbled on those ice-skates; in that hall, to 'sing a rainbow' with Miss Paine.....

And of course, we learned life's purposes.....to be both pure and true.....May we be ever worthy of all that we learned at our beloved MHS...our Alma Mater....



## ANNUAL GENERAL MEETING 2019



On the 27<sup>th</sup> April 2019, the AMHS COMMITTEE, had their AGM at the School Shed. We had organised for a very special and inspirational address to precede the same.

Shri S. Raveendran, the then IPS IG CRPF (West Bengal Sector) along with his illustrious team, had spoken to us about the role of CRPF and our responsibilities as civilians.

Mrs. Kar (Director of MHS) and students of the Higher Secondary Department joined us for this truly enlightening discussion with 'the peacekeepers of the Nation' --the CRPF.

We reminisce having organised such meaningful events and look forward to safer times when we can be together again.



Designed by: GraphicsQue - 9874891891  
Harshita Goenka (Batch of 2010)