



AMHS CONNECT

The Alumni Newsletter

APRIL '25

FROM THE EDITOR'S DESK

Shubho Nababarsho Modernites!

I hope this new year brings with it peace, harmony, and happiness, not just for us, but to everyone around the world. It gives me great pleasure to present to you the 2025 issue of AMHS Connect. Earlier this year we had asked our members to contribute pieces for the newsletter. As usual, Modernites delivered, and how! In this issue, we bring to you a varied montage of travelogues, memoirs, personal and professional achievements, paintings – all created by the MHS alumni. Additionally, we have also introduced an advertising space for our Modernite entrepreneurs this year, and we hope to keep this as a regular feature from now on. A huge thank you to everyone who wrote to us at AMHS Connect! Amidst the hustle and bustle of your daily schedule, as you rush to take care of your various responsibilities, we hope you will take a moment to browse through this issue. Perhaps these pages will inspire you to pick up a pen, or a paintbrush, and weave your imagination on paper. Happy Reading!

Sayantani Sen
Class of 2005



PRESIDENT'S DESK

Dear Modernites,

As President of the Alumni Association of Modern High School, I am delighted to share that we have had a remarkable year with some successful events and initiatives.

Our journey this year began with the Annual General Meeting (AGM), where we released the annual issue of our newsletter, AMHS Connect. It was well received and appreciated by our members.

Following the AGM, we hosted our first interactive session with Alumni in the medical profession, fostering meaningful interactions and professional networking. It was named 'Health is Wealth' and was held on 13th July '24 in the School Shed.

One of the highlights of the year was the much-awaited Inter-Alumni singing Competition which is hosted by us – 'Alumni Idol Season 9'. This was held on 3rd August '24, at the MHSI hall and saw participation from

13 Alumni Associations. The event was a resounding success, showcasing immense talent and strengthening our inter-alumni connections.

We also organized a wellness workshop, "Elevate and Radiate" on 16th November '24. This was exclusively for AMHS members. This session introduced participants to the nuances of Shanmukhi Mudra and other yoga techniques to enhance overall health and well-being.

The year culminated in our much-anticipated annual reunion on 11th January '25. This was Modernite '25 which was for the first time, on the barge. This mega reunion brought together alumni across generations to reconnect, celebrate, and create new memories while cruising along.

Each of these events has contributed to strengthening our alumni network, fostering professional and personal growth, and reinforcing the strong bond we share as Modern High School alums. I extend my heartfelt gratitude to our school, our members, and most importantly to the AMHS Committee members who serve voluntarily and with much zest so that we can keep the banner of AMHS flying high.

Looking ahead, we are excited to continue building on this momentum and bringing even more enriching experiences to our alumni community. With support from our school, we plan to begin a fund for the wellness of our ex-teachers in need. The details of the same will be shared soon and we solicit generous donations from Modernites all across the globe. Do urge your Modernite friends to become members of AMHS and help create a stronger community.

"...that we may ever serve thee in grace and virtue too..."

Sushma Mimani Nevatia
Class of 1989
President, AMHS

THE 'TRÁNG AN' ADVENTURE



The climb of 500 stone steps to the top of Mua Caves at Ninh Bin, Vietnam, in the hot and sultry May weather was worth it when we saw the breathtaking view of the meandering Ngo Dong River, or Little River as it is more famously known. This panoramic view from dragon statue made us forget the pain of the excruciating climb.

However, before this climb we had a wonderful time at Tráng An, situated near the southern margin of the Red River Delta. Tráng An is renowned for its boat cave tours and was inscribed as a UNESCO World Heritage Site since 2014.

A bunch of us glided along the calm river in the Tráng An complex in small wooden boats, surrounded by towering limestone cliffs and lush greenery. What was most extraordinary about this boat tour was the ones steering the boats were all women! Our boatwoman was an exceptionally kind and hospitable old lady who generously handed us umbrellas and hats to beat the scorching sun!

Along the way we saw many ancient temples and a unique floating pagoda! Though it was peak tourist season and there was a lot of typical touristy babble around us, there was a peculiar tranquil charm about the place.

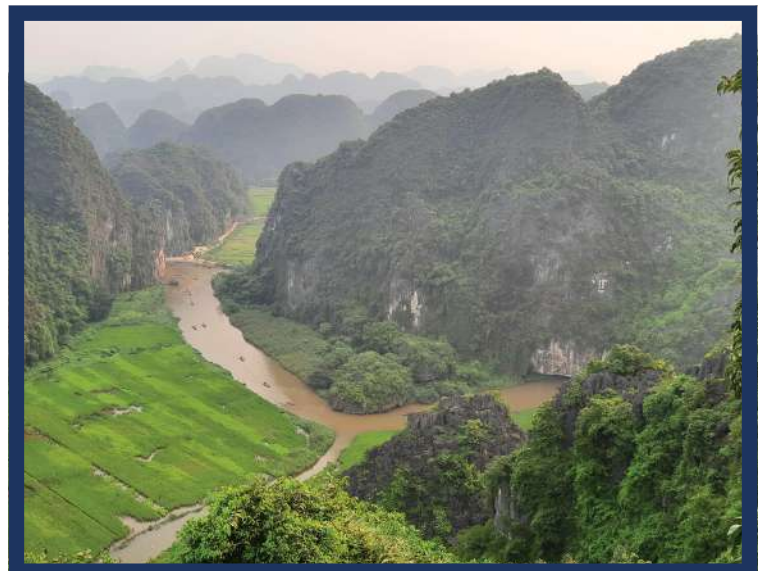
As soon as we entered the first cave, the cool air inside the cave provided a refreshing respite from the outside heat. We glided through quite a few caves in our boat. The intricate cave system not only took our breath away with its mystique and natural beauty, but it was also a geological wonder. The caves were adorned with stunning stalactites formed over millions of years. These formations created a magical atmosphere, with intricate shapes and patterns that captivated all of us.

My 9-year-old who was then gorging on Enid Blyton, promptly reminded us of Blyton's vivid description of stalactites and stalagmites in one of her 'Famous Five' stories. She recalled the exact words in the book and was elated to see the stalactite formations herself!

As we glided along on our tiny wooden boat through those caves, I too was transferred back to my childhood days when I used to dream of solving mysteries, uncovering secrets and going on such thrilling adventures with my friends. Tráng An, with its breathtaking natural beauty, diverse flora and fauna, and stunning landscapes, truly captured my heart.



Dibyangana Datta (née Saha)
Class of 2005



THE TIMELESS TREASURES OF MY SCHOOL DAYS

The sweet memories of my childhood have blossomed once again, filling my heart with warmth and nostalgia. It feels as if forty years have passed by in the blink of an eye, and I am once again a carefree student, skipping around in my school uniform, radiating joy. The echoes of laughter, playful teasing, and cherished moments come rushing back, unfolding like the pages of a beloved book.

As I step onto the school stairs, I am transported to a treasure trove of memories—every classroom, every lesson, and every friendship holding a special place in my heart. The carefree days spent under the shade of the peepal tree, the whispered secrets with friends, the affection hidden in a teacher's scolding, and the comforting presence of our ayah didis all come alive once more. Even the bumpy rides on the school bus hold a special charm.

These moments have shaped me into the person I am today. The love, education, and values my school instilled in me are the most precious gifts of my life. Now, as I look back, I realize that these treasures are meant to be cherished and shared, for they define who we truly are.

Jyoti Agrawal Dalmia
Class of 1985



THE EBB OF TIME

As I walked my li'l one down the hallowed halls of my alma mater
I stood and paused –
One day, we both will stand as alumni together
With our heads held high-
A salute to our school
In which we laboured through the years with both study and play...

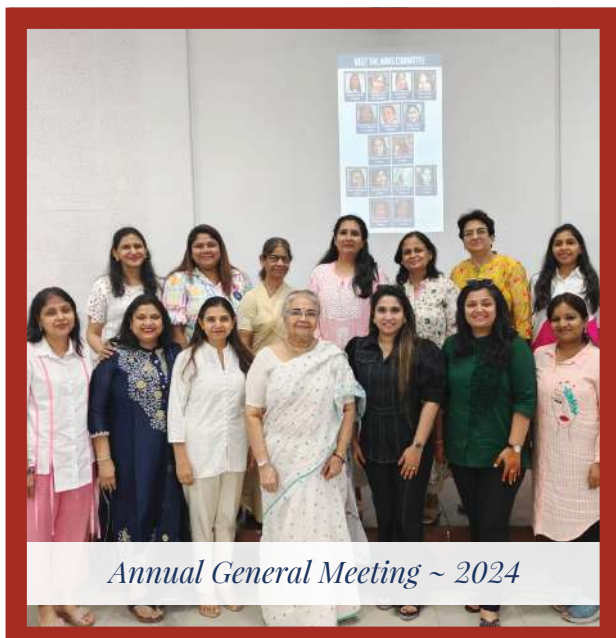
How the times have passed
Yet not a day forgotten...
About the doll house where we spent our carefree days,
Or the back of the planetarium;
The forbidden grounds –
Or simply hiding behind the school shed under the Ashoka trees.
The infamous Sick Room, especially during P.E.
Each and every one of us have used the excuse to lay a bit.
Ah, the glorious days in the bio lab of having lunch
As the mysterious skeleton hangs from the showcase ever looming.

Yes, some things have certainly not changed
Despite the façade and curriculum;
With the times, the school has grown
But the essence still remains.

Each teacher we remember with both love and fondness
For they are the ones who brought us up like their own;
Our first family before the real world
Our friends without whom life seems so alone-

Satyam, Shivam and Sundaram;
A proud Modernite now and forever.

Alakananda Das
Class of 2004



NAVIGATING TRUTH



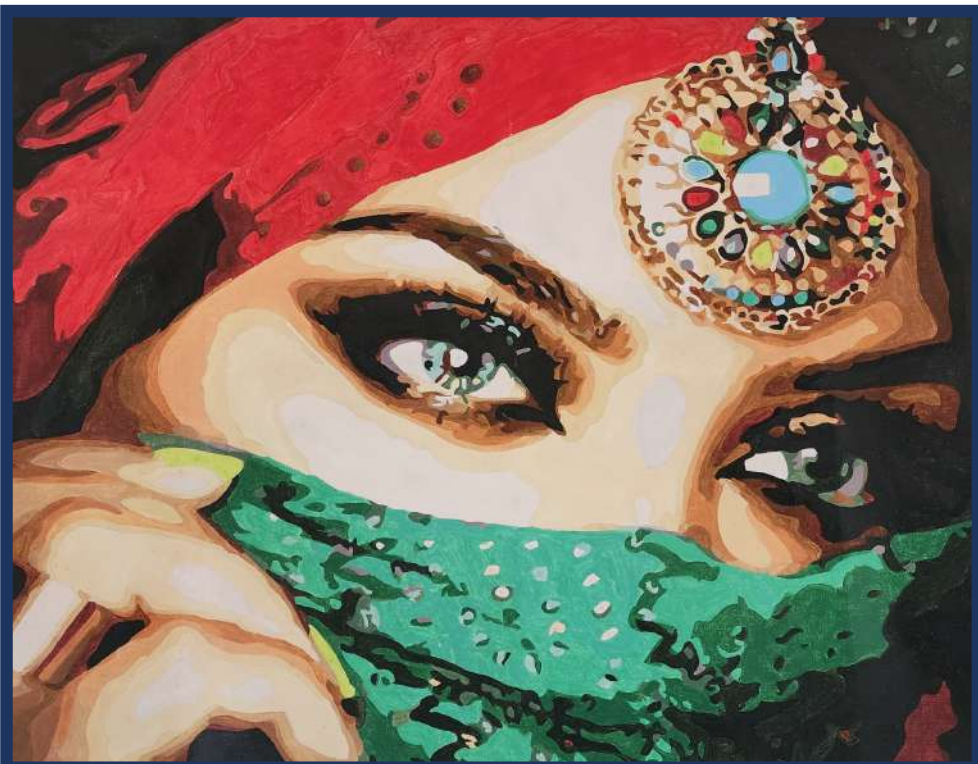
Navigating Truth in the Age of Misinformation: How Journalists Are Responding to the Post-Truth Era

In today's "post-truth" era, where emotional appeal often outweighs factual accuracy, journalists and media outlets are grappling with unprecedented challenges. Misinformation and disinformation spread rapidly across social media platforms, casting doubt on the credibility of the information consumers encounter daily. In this context, media professionals are facing increasing pressure to uphold the principles of truth and integrity in their reporting.

The proliferation of "fake news" has made it harder for traditional journalism to maintain trust, with many outlets struggling to distinguish themselves in a crowded, often sensationalized digital landscape. Ethical journalism, which once relied on fact-checking, in-depth reporting, and unbiased presentation, is now in constant competition with viral, click-driven content that thrives on controversy and outrage. Some journalists are stepping up by embracing fact-checking initiatives, collaborating with independent organizations to debunk false claims and provide context to viral stories. Others are focused on educating audiences about media literacy, helping them navigate the complexities of online information and distinguish credible sources from unreliable ones.

In this turbulent media environment, journalists are proving that ethical journalism still has a critical role to play. By embracing new technologies, reinforcing traditional journalistic standards, and fostering greater transparency, they are working to restore public trust in the media, one story at a time. The challenges of a post-truth world are daunting, but with the right commitment to truth and integrity, journalism can still navigate this new landscape.

Ruchika Gupta (née Hada)
Class of 1992 (Class X)



Painting (left) by
Sananda Mukherjee ~Class of 2005

A JOURNEY OF RESILIENCE AND PASSION



Seema Keyal, a proud alumna of the 1983 batch of MHS, embarked on her journey into commerce at Shri Shikshayatan College after leaving school. Today, she is not only a Food and Bakery Consultant but also a distinguished veteran Table Tennis (TT) player, representing Bengal and India on the international stage.

Sports have always been a central part of Seema's life. As a school student, she captained the basketball team and earned numerous medals at the Annual Sports Day. However, after completing her education, marriage, and focusing on raising her children, she drifted away from sports. She channelled her energy into nurturing the next generation and running a bakery as her children grew older.

But life had other plans. The loss of her beloved husband, followed by her children moving out for higher studies and the devastating loss of her father during the COVID-19 pandemic, left her battling deep loneliness. It was during this trying time that she found her true calling once again. Driven by a desire to rediscover herself, she took up Table Tennis (TT) and began training rigorously.

In 2022, Seema made her comeback to competitive sports by participating in state tournaments. Her persistence paid off when she became the runner-up in a tournament, later clinching the top spot in the Nabin Sangha state tournament. Since then, there's been no looking back. Her dedication and hard work earned her a place in the Bengal Veteran team, and in 2025, she won the team gold at the Mumbai Nationals (IMPTTA) and silver at the Indore tournament (TTFI) in March. Seema's journey is a testament to the power of resilience, passion, and the support of her family, school, and friends. Their unwavering encouragement has been instrumental in helping her become the accomplished person she is today.

Seema Keyal
Class of 1983

EMPOWERING FUTURES: EK TARA'S TRANSFORMATIVE JOURNEY

In many regions of India, gender inequality remains a pressing issue, even as educational opportunities expand.

Namrata and I have been friends from Class III at MHS and we are the co-founders of Ek Tara, a non-profit organization, working tirelessly to ensure girls from urban slums in Kolkata have equal access to quality education and hopes for a brighter future.

Studies show that an additional year of education for a girl can boost her potential income on reaching adulthood by 20% (The World Bank, 2011). This enhances nutrition, healthcare, and living standards and also helps break the cycle of poverty. Education acts as a safeguard against abuse and strengthens a woman's role within her family and community. An educated woman is twice as likely to ensure their children receive an education (UNICEF, 2010).

Ek Tara transforms communities by empowering girls through education, challenging cultural norms and encouraging them to follow their dreams. By earning a living, she serves as an inspiration to other girls and women in her community.

The organization operates the Ek Tara Learning Centre and the Ek Tara Community Centre. The Learning Centre features modern classrooms, a STEM laboratory, a library and houses the Tomorrowland Foundation Music and Arts School, serving over 1,200 children daily.

The Ek Tara Community Centre focuses on women's economic empowerment and social mobility, offering vocational training and income-generation projects. It includes a community kitchen, a bakery project, and a vocational training unit.

In partnership with the Kolkata Municipal Education Department, Ek Tara is transforming primary schools into models of excellence by enhancing infrastructure, foundational literacy, and digital learning capabilities. These efforts benefit an additional 2,500 children, as students and community members discover new opportunities and renewed hope.

By fostering an environment conducive to academic and personal growth, Ek Tara is contributing to a societal shift toward gender equality and empowerment. In the long run, Ek Tara's initiatives are crucial in building a more equitable society where individuals, regardless of gender or background, can realize their full potential. Through its unwavering dedication to education and empowerment, Ek Tara is paving the way for a more inclusive future for all.

For more details, visit: www.ektara.org.in

Vinita Saraf (née Nevatia)
Class of 1982

MEET THE AMHS COMMITTEE



Sushma Nevatia
President



Rajeshwari De
Vice President



Sayantani Sen
Secretary



Ritu Singhania
Jt. Secretary



Payal Khetawat
Jt. Secretary



Archana Poddar
Treasurer



Sarika Pasari
Jt. Treasurer



Vasundhara Sawalka
Member



Vandana Agarwal
Member



Vineeta Jhunjhunwala
Member



Harshita Goenka
Member



Suchi Dhurka
Member



Urmi Basu
Member



Shailja Mundhra
Member



Joyita Lakhmani
Member

HEALTH IS WEALTH



ALUMNI IDOL - SEASON 9



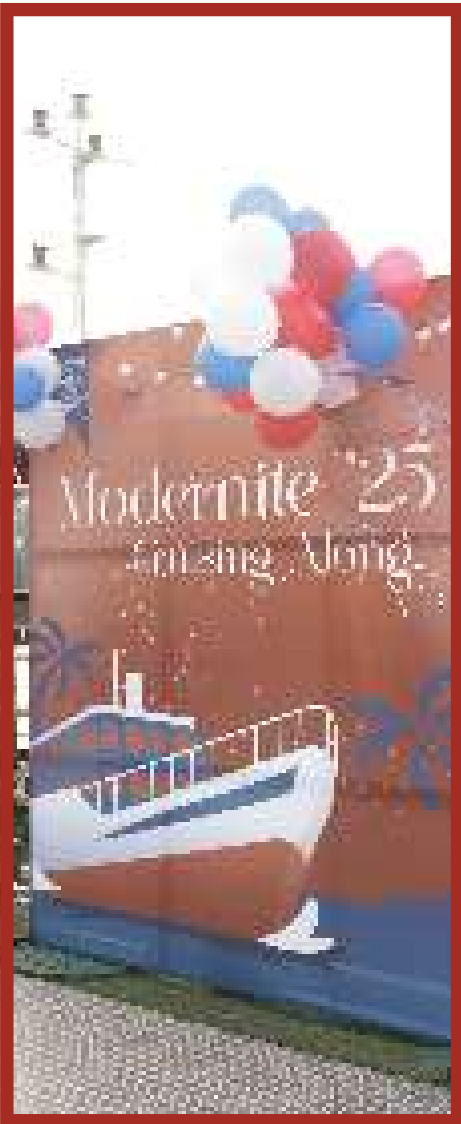
ALUMNI IDOL - SEASON 9



MODERNITE - 2025



MODERNITE - 2025





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With over 29 years of expertise, Vastu specialises in architecture and interior design, bringing visions to life with innovative concepts and meticulous execution.

From luxury residences to commercial spaces, we craft functional yet aesthetically captivating environments.



Scan to see our work
or
Click on the link below!

 https://drive.google.com/file/d/1AYUH64S6De9-4piAVtO5M5960o4iVx_n/view?usp=share_link



Our Founders
Nabanita and Indrajit Sen

ARCHITECTS . INTERIOR DESIGNERS . SPACE PLANNERS

Rwittika Sen, AMHS member, Class of 2018



Elevate & Radiate



Elevate & Radiate



**ALUMNI OF MHS
MEMBERSHIP
DETAILS**

Fee: Rs. 5500
(for life membership)

Website:
<https://mhsalumni.in>

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**IN LOVING MEMORY OF TEACHERS
WHO LEFT US LAST YEAR:**

- Ms. Bandana Majumdar
- Ms. Chandrani Chatterjee
- Ms. Homai Bhesania
- Ms. Indrani Kundu
- Ms. Jacintha Gomes
- Ms. Jayshree Roychowdhury
- Ms. Kiran Awasthi
- Ms. Nilanjana Bhattacharji

**FEEDBACK
CORNER**

Enjoying the Alumni newsletter?

Share your feedback and comments and we'll publish the best ones in our next edition. Write to us at

amhsconnect@gmail.com



TEAM CONNECT

Sayantani Sen
Class of 2005

Harshita Goenka
Class of 2010



*Funtakshari
Nivedita Poddar ~ 2006
Stuti Bathwal ~ 2014*