

From the Editor's desk

Hello Friends,

Hope all of you and your loved ones are staying safe in these difficult periods of COVID Craze. Life has come to a standstill of sorts due to this Pandemic. Yes, there are lots of lessons to be learnt for each one of us and Mother Earth is truly healing, in terms of 'Nature Rejuvenation'. I am sure you have been reading many philosophical articles, quotes and notes about how COVID is changing the World that we live in, albeit with a substantial amount of death, disruption and destruction of economy.

We, the editorial board of the 'Garodian Alumni Times' decided to not bombard you with another bunch of 'Do's and Don'ts' during the Lockdown period, rather we intend taking you through another dimension. This issue of the alumni Newsletter has inspiring poetry, stories, humour and life skills which will help you tide over this

period of crisis and accept the 'new' normal.

I am sure this is just another 'Comma' in our lives and certainly not a 'Full-stop'; helping us to make the world a better place to live in. Another dimension of the pandemic is that the virus has been a great equalizer, there has been no discrimination between countries, castes, creeds or class (economic). We are all in it together and will emerge victorious.

Happy reading friends. Stay home - Stay safe and God Bless!

Do send your comments and contributions to alumni.newsletter@pggarodia.org

Signing off on a positive note...

Dr.Sumitra Venkatesh, Batch of 1989

Editor, Garodian Alumni Times

PGGS Alumni Association's One Time Registration

1. To submit your details, go to <http://www.pggarodia.org/alumni.htm>
2. Towards membership of the PGGS Alumni Association, you are required to remit an amount of Rs.1,000/- (Rupees One Thousand only) by cheque / demand draft / pay order favoring "PGGS Alumni Association" (to be sent at School Address to the attention of "PGGS Alumni Association") or preferably through PAYTM by following the below mentioned steps:

By clicking here go to :<https://paytm.com/education>

Step1: select your institute location >>> State MAHARASHTRA >>> City MUMBAI

Step 2: select your institute >>> P G Garodia School

Step 3: fill in required details Name, DOB, Batch, Email, Mobile, Profession, City (presently living in)

Step 4: proceed for payment of Rs. 1,000/-.

Reader's Contributions

I Care What You Think

Never will let you down
Never to tire dusk or dawn
Working for your existence always without a blink
I Care what you think

For My Radiance that brighten your day
My changing pattern to Suit your way
Am my own clock neither too fast nor too slow
The more you give me the more I glow

And I Care What you think
For My Beauty for My Existence
My Power My Influence
Your Success Your Progress
My destruction my deterioration

And I Care What you think
For Light, Water, Air all within me
Releasing relentlessly for your being
But for dirt, Smog everywhere
I fear for all would be beyond me

I the NATURE Care what you think
That the technology Advanced Age
Neglecting the basic Page
That our depleting Equation
Affecting the whole Nation

I Care for your Breath
I Care for your Health
I Pray for our Survival
Hope you would Care for Me
When you think of Me

-Viral Dadia, Batch of 1989

A Collection Of Motivational Lines

ये सफ़र बहुत है कठिन मगर
ना उदास हो मेरे हमसफ़र

नहीं रहनेवाली ये मुश्किलें
ये हैं अगले मोड़ पे मंज़िलें
मेरी बात का तू यकीन कर

ना उदास हो मेरे हमसफ़र
ये सफ़र बहुत है कठिन मगर
ना उदास हो मेरे हमसफ़र

- 1942 A Love Story

ज़िन्दगी हर कदम
एक नयी जंग हैं
जीत जायेंगे हम
जीत जायेंगे हम

- Meri Jung

बे वजह घर से निकलने की ज़रूरत क्या है
मौत से आँखे मिलाने की ज़रूरत क्या है

सब को मालूम है बाहर की हवा है क़ातिल
यूँही क़ातिल से उलझने की ज़रूरत क्या है

ज़िन्दगी एक नेमत है उसे सम्भाल के रखो
क्रब्रगाहों को सजाने की ज़रूरत क्या है

दिल बहलाने के लिये घर में वजह हैं काफ़ी
यूँही गलियों में भटकने की ज़रूरत क्या है

- Gulzar sahab

Compiled By
Rakesh Suneja, Batch of 1985

Reader's Contributions

Cinderella

Day something of the seemingly never ending quarantine

And I'm finally going mad.

That's a good thing, because that's the most me I've felt in a really long time.

This past month, it's felt like I'm going back to my roots, like everything around us has hit pause but my mind is running, constantly on rewind.

Yesterday, I cut my nails, the ones I've spent all of grade 11 obsessing over, shaping, trimming and painting.

Today, I asked my mother to chop off some of my hair, just because.

And after I did that, I felt like I could breathe again.

For the past month, I've been working out, every day, and trust me when I say this, this isn't me flexing at all. The pain and the sweat have been feeling so much like home, it's scary. I can't understand why I ever stopped.

When college started, I lost myself in the whirlwind of what was for me, growing up.

The change seemed to happen overnight, like suddenly everyone expected me to be grown up, mature and decisive almost instantly. There were so many questions I wanted to ask.

Is anyone going to like me?

Am I going to have any friends?

And most of all

Who am I?

Who am I out of the sheltered bubble that was life for me, all the way up to grade 10.

What am I good at? What am I bad at? How do people see me?

How will I prove myself all over again?

I started college by looking at myself and my life as a clean slate, a fresh start.

A chance to let people know only the parts of me that I wanted them to, the very best ones. This was a chance for me to break out of my cocoon, into something so colourful and contrasting that no one would question where I started from.

This was my Cinderella moment.

This was also my first mistake.

A year later, I want nothing more than to feel like the old me again, the one who was confident, determined and so sure of herself. The one that knew what she wanted and went for it, fearlessly.

I want to bring out the athlete I've ignored for a year, the nerd hidden inside me and the writer that I am.

I want it all back

Because that's me.

And in reality, things like cutting my nails and chopping off my hair are not going to affect me in the slightest.

Except they will, because each nail I cut and each chunk of hair that hit the ground, felt like layers that I was peeling off, layers that I made myself wear because that's who I wanted to be in my head, without really understanding the person they were making me.

So I guess, here I am, a little worse for wear but never better.

This, is my Cinderella moment.

-Dishha Prasad, Batch of 2019

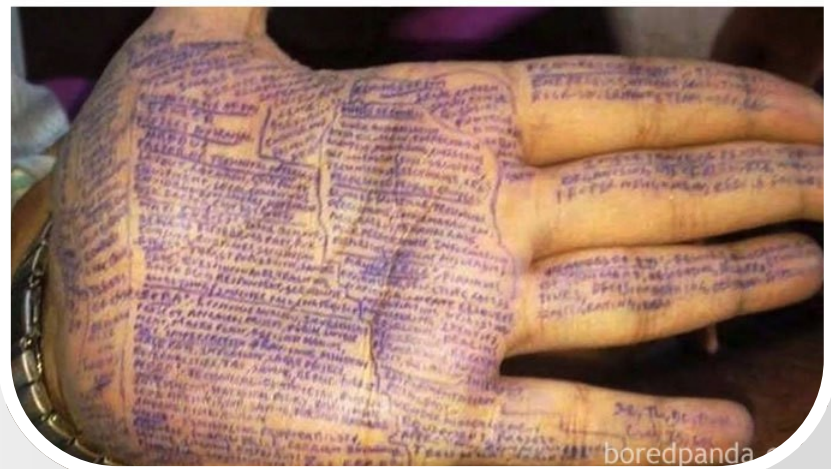
Just For Laughs

LOCKDOWN LAUGHS

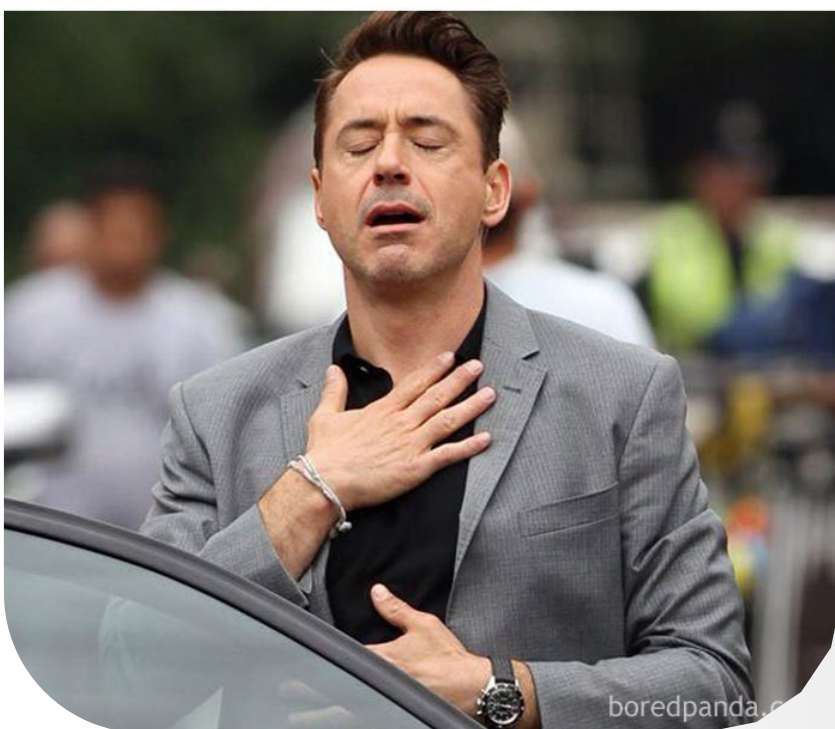
by Varsha Sheth



I washed my hands so much due to CODVID19, that my exam notes from 1995 resurfaced

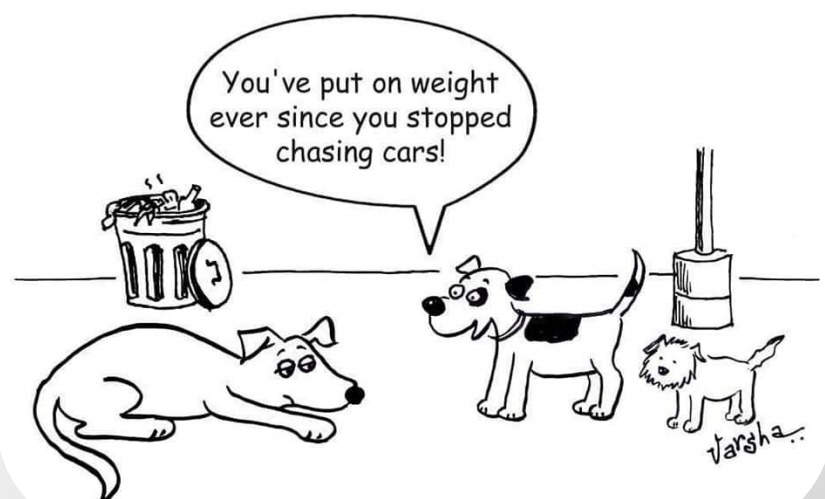


When you work at a bank and 2 guys with mask come in but they're just robbing the place



LOCKDOWN LAUGHS

by Varsha Sheth



Got this big roll of toilet paper as a gag gift for Christmas. Whose laughing now!?



LOCKDOWN LAUGHS

by Varsha Sheth



Source:

- Bored Panda
- Varsha Sheth

Constructive Quarantine

"Creativity doesn't wait for that perfect moment. It fashions its own perfect moments out of ordinary ones." - Bruce Garrabrandt

To encourage everyone to flex their creative muscles during this quarantine, the PGGS Alumni Association has started the “Constructive Quarantine” Initiative.

Show us how creative you can be by sending us your writings, artwork and anything else that you have come up with to be featured in our quarterly newsletter, “Garodian Alumni Times”.

We request that you don't send any articles related to COVID-19
Stay home and stay safe.

Workout At Home

For those of you who wish to try working out at home and for those of you who workout at the gym but cant because of the circumstances, I have compiled a workout routine that will help you stay in shape while helping you increase your strength and build some muscle.

Bodyweight Training: Perform each exercise in 3 sets. Each set of should consist of 8 to 15 repetitions depending on your strength.

Cardio: Perform each exercise in 2 sets. Each set of should consist of 30 to 40 repetitions for Jumping Jacks, Mountain Climbers & High Knees; 8 to 15 repetitions for Crunches; hold the Plank position for as long as you can.

Make sure that you maintain proper form so as to not injure yourself. After each set rest for about 45—60 seconds and drink a sip of water to stay hydrated throughout the workout.

After a while if you feel that you are easily able to perform an exercise, then perform each set till exhaustion.

Work out for 4 days a week alternating between bodyweight training and cardio.

Workout Routine

Bodyweight Training

- Push– ups
- Inverted row
- Back Extensions
- Bicep Curl
- Triceps Extension
- Squats
- Calf Raise

Abs & Cardio

- Jumping Jacks
- Mountain Climbers
- High Knees
- Crunches
- Planks

Video Tutorials :-

- Full body workout, Inverted row, Bicep Curl, Triceps Extension : <https://www.youtube.com/watch?v=95846CB6U0M>
- Push– ups : <https://www.youtube.com/watch?v=7wbIGkVOx3U&t=634s>
- Back Extensions : <https://www.youtube.com/watch?v=Bw9YuQTTc58>
- Squats : <https://www.youtube.com/watch?v=aclHkVaku9U>
- Calf Raise : <https://www.youtube.com/watch?v=-M4-G8p8fmc>
- Jumping Jacks : <https://www.youtube.com/watch?v=c4DAnQ6DtF8>
- Mountain Climbers : <https://www.youtube.com/watch?v=UOGvtqv856A>
- High Knees : <https://www.youtube.com/watch?v=Xh8JFoYIYhg>
- Crunches : <https://www.youtube.com/watch?v=5ER5Of4MOPi>
- Planks : https://www.youtube.com/watch?v=ASdvN_XEI_c

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2019-2020

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- Shobhita Rajesh, Co-opted -Teacher and Batch of 1985



You can reach the PGGS Alumni Association at
alumni@pggarodia.org

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The Editorial Board

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- **Co- editor:** Siddhant Shah, Batch of 2019

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