



# Quarantine Quotes

THE SCINDIA SCHOOL  
VOL 1



# MESSAGE

## *from the Principal*

Dear Readers,

I send warm greetings from the Fort with the hope and wish that you are all healthy and safe wherever you may be.

Here's presenting before you the 1st thoughtfully curated issue aptly titled 'Quarantine Quotes'

The developments of the past few months have been rather unsettling and while we are trying our best to navigate through the anxieties and insecurities that beset us, we are also aware that we are living through history. As a school which values history, even as we look forward we realized that the happenings, learnings and the musings of this period merit deft chronicling. As you flip through the pages you will also find a perceptible difference in the flavor and template from the usual Qila Quotes.

I am sure the stories, snippets etc. that find space in the hospitable columns of this QQ will touch each of our readers in a special way. The close knit family of Scindians that we are, the tendrils of our collective consciousness run really deep making any geographical distances inconsequential. As you browse through the pages you will be charmed, motivated and proud of the lineage that all of us are a part of.

Since the task was huge and the constraints many, we're grateful to Mr Devendra Bhatnagar (Ex-Ja, 1974) & Mr Sandeep Agarwal (Ex-Sh, 1980) who very kindly consented to facilitate this endeavour as Contributing Editors. This is the advantage when you have the kind of repository of

talent we have amongst our Old Boys.

I'll add a little snippet of my understanding of life during this lockdown. I think our modern education system combined with our resource-crunch collectivistic mindset has given us a tendency to only think in terms of doing and not in terms of being; meaning thereby that we're only bothered or valued by our external actions which depict productivity; we think when we're not doing anything we're wasting our time. And that's why on the list of priorities, meditation, reflection and mindfulness often comes in the end. But in a way, this pandemic has given us another way to think; that maybe, this is not true, our time is first of all for us to Be. To be what- to be alive, to be in the moment, to be peaceful, to be joyful, to be loving. Perhaps that's what we need the most!

Hope you enjoy this e-zine...

Can't end without the Covid-19 mantra, can I?  
Stay indoors. Stay safe. Take care.

Dr M.D. Saraswat

Principal, The Scindia School



# ON THE FORT...



The Madhav Field beckons...



It's office as usual for the Principal



Our friend is hale and hearty although lonely



Astachal continues, albeit without students



Webinars and training of teachers in full swing



VP's office is buzzing with action



Preparation in full swing for the second phase of teaching-learning

# Observations from "Club Quarantine"

The Covid-19 pandemic tests one's ability to negotiate all the stages of adversity, i.e., Denial, Anger, Bargaining, Depression and Acceptance. The prolonged lockdown/shelter at home/work from home experience reluctantly yet inevitably gets you to Acceptance. It is this process that leads me to make three observations.

(Full disclosure: I am retired from active employment after a fulfilling career that had the benefit of the Scindia education at its foundation. So, any "work" I do outside the house is by choice, not as a necessity. I shudder to think how I might have reacted if I had to live through such a pandemic when I had dependent children or adults at home. And that makes me utterly sympathetic to those who are at that stage in their lives when their aspirations and dreams for themselves and their families remain unfulfilled and are now in uncertain limbo.)

1. Parkinson was right! Never has Parkinson's Law ("Work expands to fill the time provided for it") had as much opportunity to be tested and to prove itself. One of my early negotiations with the stages of adversity had to do with guilt and frustration arising out of a feeling of low productivity. Until it dawned on me that my productivity was completely insignificant and irrelevant to the GDP. And, that the efficient use of time only resulted in more time being available with less to do. Hurry up for what? It helped to note that a lot of the hurrying up had to do with negotiating a commute for a meeting that was now being held via Zoom obviating the need for a commute. Not to mention the non-contribution to automobile pollution and even though small, it seemed somewhat more meaningful. Time management remains an important consideration. But time enjoyment has reasserted itself. And that which is "important" has asserted its rightful priority over that which is "urgent".

2. Scientific literacy is a necessity

To negotiate the stages of adversity due to this pandemic, one must understand the science underlying the SARS-CoV-2 virus. This is not easy for the experts as we can see from the debates that are unfolding before us. It is manifold more difficult for the non-experts. And educating oneself before we forward what we receive on WhatsApp becomes a necessary discipline.

Adult education is a challenge in the best of times. Adult education under duress in a deeply scientific matter when compounded by the absence of scientific literacy becomes insurmountable. If ever there were a case to be made for ensuring early education ensures we all can engage rationally in a scientific subject, then this pandemic is giving it to us.

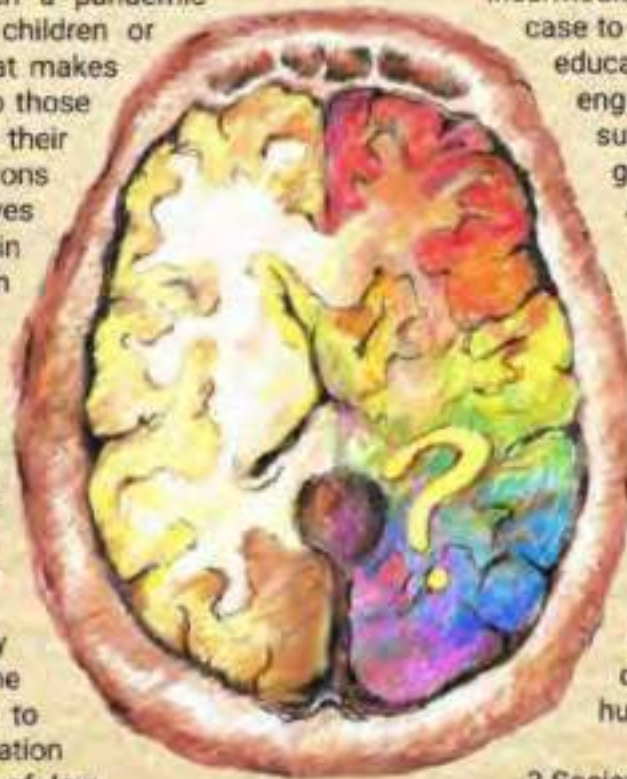
And just like our ability to relate (or not) to this virus is conditioned by our inability to comprehend the potential for destruction in something we cannot see, maybe we can take that humbling realization and apply it to the slowly creeping effects of climate change. Just because we cannot see it does not mean it cannot hurt us.

3. Societal impact – Quo vadis?

For me, a big question that hangs over the consequences of this pandemic is the impact it leaves on the society man has built. We are social animals and "social distancing" must be an ironic oxymoron we have to devise to protect ourselves. On my walks in my neighborhood, I observe walkers cross the road to consciously distance themselves from each other. This harks back to behaviors we actively suppressed and eschewed in our acknowledgement of "All men are created equal" (with apologies to women).

I fervently hope we do not have to revisit the adversities of the past. Ones we negotiated successfully and overcame willfully to reach Acceptance.

Prashant Prabhu (Madhav 1968)



# Notes from Hong Kong

I am based in Hong Kong and we have been fortunate that we never had a lock down and yet our exemplary public medical system and sense of public responsibility and of course luck have kept Covid19 cases very low. Business and restaurants remain open even though self-imposed social distancing and masks are ubiquitous. Having seen the devastation SARS did to morale and to confidence in the economy in 2003, some key takeaways that have helped this time around.



1. Personal perspective: Avoid watching the news all day especially Covid news. It just dampens the mood and spreads negativity. Not recommended or useful beyond a basic level.
2. Business/Investment perspective: We formed a group of friends to study who was benefiting / growing in this crisis rather than focus energy on the negative implications like looming bankruptcies or fear mongering news. Companies like Amazon (online sales), Netflix (online movies), Zoom (online meetings), Match group (online dating ) are the big winners along with pharma and biotech. We observed supermarkets were booming while restaurants were suffering. It helped me focus my core business which is food from food service to retail sales and keep things moving.
3. Social life: The batch of Scindia '87 Whatsapp group (my batch) has been the highlight of this experience. We have kept things light and easy and on a strict "escape from reality " mode..LOL. That's when you realize if you have about 70 close friends going back over 35 years... things really can't be that bad.
4. Core belief: This too shall pass. There is a reason we humans are at the top of the food chain. We have survived nuclear wars, famines, floods and mass starvation to emerge stronger and better. Not that long ago humans died of asthma and diabetes and polio and malaria. Sometimes we just need to stop listening to the "experts" of doom and gloom and accept that humans have been beating the odds for millions of years and shall continue to do so.

Samir Kumar  
Shivaji, 1987

## Such are my notes

My love for music and singing became a passion with me over the years but was lost somewhere during the course of life's struggles. I thankfully got back to singing which probably is the best gift of these trying times and the best thing to happen to me. Cannot thank my dear friends enough for appreciating me.

Umang Jain  
Jeevaji, 1980  
Jaipur



*Shivaji  
Batch of '85*

# PARADISE OF DISQUIET

This winter was a tad long  
As is this temperate spring  
Summer months shortened  
Yet I feel a heat of disquiet  
For it sings the very sleep

There is an eerie feel about  
Of shadows frozen in place  
Where death stalks, seeking  
Arbitrarily laying a mark

The evenings are pleasant  
With wind and a splatter of rain  
On another day in times gone by  
Couples would have sauntered  
Swaying closer to each other  
Today all are trapped indoors

Trepidation of the unknown  
Disquiet the word better suited  
To describe the state of mind  
As we separate in proximity  
Lonelier we have never felt more

As the days deepen into weeks  
Soul searched, introspect we did  
There surely is a better world  
Agrees Nature from outdoors  
She hastens to prepare a welcome

The world has rudely been woken  
To its fallibility and limitations  
What has been forged on the anvil  
Will come out stronger on cooling  
This disquietude will then vanish

Devendra Bhatnagar  
Jayaji, 1974

# THERE IS A LEARNING

When this is all over and done  
I will look back at these days  
That taught us all a thing or two  
And how our awareness grew  
Of our own fallibility and more

When I will look back and assess  
There can only be positives  
For as humans we overcame  
Our own limitations with grace

We fell in thousands to the virus  
But rose above death to overcome  
Our own fears of the unknown  
And learnt to extend a thought  
To others beyond our own nest

We learnt the meaning of restraint  
Of living with oneself within oneself  
And of appreciating each moment  
Of never delegating to the next day

We have learnt to value the basics  
To make do within the means  
To cherish and expend the moments  
Learnt from unfolding Nature  
About new beauty and possibilities

Surely there is a learning in this  
After having been knocked about  
Even brought down to our knees  
Only to take it in stride and rise  
Much wiser, more caring for the other

Devendra Bhatnagar  
Jayaji, 1974



# Lockdown – a time for introspection

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We are living in turbulent times, waiting for the storm to pass. Metaphorically I speak as I glance out of the window, hoping, that perhaps today the sun will shine and storm will ebb. Mother Nature has been relentless these last five months as the world grapples with the Covid-19 crisis. We are reminded of an apocalypse engulfing humanity, dark, sinister and invisible to the enemy. We are all bunkered down hoping that this too will pass. Daily we are reminded of the unpredictable nature of our environment and the impermanence of our existence.

Our species has great ability to adapt for its survival. Habits however take a longer time to change and need a greater will to bring about that permanent change. But evolution in human consciousness needs a longer time, many generations at the least. For habits to change, this must emanate from the individual first to become a collective representation of a society.

Leaders who are able to understand and see this crisis from both business and social point of view and are able to see the larger picture emerging, will be able to lead the change. As long there is a realization of interdependence and oneness, there is hope. But if we were to further fragment the already fractured planet, then there can only be more bleakness.

Do we need any further validation of the changes in our planet's eco system, the subtle but growing climate changes, the mindless deforestation of our natural heritage and rampant urbanization that has further put pressure on our cities and population. The advocates will argue in the name of progress; gain for some will be however be a loss to humanity.

The Covid-19 pandemic has at least made us realise that how much pressure 'Gaia' was undergoing. As a result of mankind locked indoors we see the improvement in the pollution levels, the return of migratory birds and also the dolphin that was sighted in a faraway river. Even in our cities we are seeing more birds and the return of sparrows, as air quality improves. One can see today through the clear and pristine atmosphere the amazing sight from Jullunder, of mountains many hundred kilometers away.

Change we must for this to become sustainable.

Solitude is forcing us to look within; to the very essence of our true nature. Can we connect with that energy and be one



with it? If we are able to do and bring about this change, we will become the catalyst and be part of the tipping point that is required to meet the existential crisis we are confronted with. There never has been such a strong call for action as today as we deeply introspect to bring forth new values, a new mindset and a new way of living. We must bring in 'responsible behaviour' mindful that if we were to revert back to our senseless old pattern, we will do a great disservice to ourselves.

Happiness, tranquility, compassion is our very inner nature. Can we open our eyes and see the harmony around even amidst this chaos? The world is perfect; it continues to work in clockwork precision despite our imperfections.

I hope we recognize the message that Nature is giving us repeatedly. We cannot continue to plunder and disrespect Mother Earth. Within ourselves we must resolve the inequality that exists in our society, the racial, communal, religious divide and senseless acts of terrorism that takes innocent lives. How long can we as species keep doing things with such abject cruelty and bring the worst form of emotions? We need to change.

This lockdown has given us much time to introspect on our fallibility as humans. We must recognise the interdependence and oneness of the human race and bring out emotions of universal love without judgement. It is only through positive thoughts that we shall overcome this crisis. We must be the change and as we cleanse ourselves of all negativity 'and go' with the flow of the universal energy, greater harmony and well-being will lead to a shift in our collective consciousness.

As Swami Vivekananda extolled, 'don't waste one's time for even a moment'. Arise, awake, stop not till the goal is reached.

Dipak Haksar  
Madhav, 1976  
Gurugram



Charitoons -  
by Mr. Rajeev Char  
(Jayaji, 1983)



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# LOCKDOWN LOWDOWN

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And now there is no excuse. I hardly get time to spend with my family!! My schedule is so hectic!! I had hobbies as a student, which I kept on the back burner for the sake of work!! But now there is no excuse.

Even if you are working from home, this lockdown affords you the chance to relive your younger days. Be it playing board games with family, being curled up with your favorite book or landscaping the garden which you were putting off for months. After the initial shock of the 'stay at home' directive, I decided to 'play at home' instead. And I do not mean cricket or tennis. I mean playing out my hobbies, I had so rudely abandoned. And so out came my gardening tools, my cooking apron and my karaoke headphones.

Tending to your plants while sipping your morning tea is so cathartic. That betel leaf climber which looked so miserable a few days back is now glowing with health. The lawn is a lush green and the lemon tree is now laden with fruit. Fruits of one's love and labour.

Baking was out of the question till a few days back. It took too

much of one's time. Wifey rued that bread shops are not open. So out came my baking gloves. The rising of the dough; the greasing of the tray; the sweet smell of a freshly baked loaf: I was missing so much.

Exercise is key to keep one's immunity up. Fortunately, we have a large enough area on the terrace. Come evening and forty-five minutes and three kilometers later, one is recharged to tackle one's dinner. Group video chats with old friends or relatives whom I had not met in months, re-kindled that affection which was lost to this hectic pace called life.

After watching the depressing news, it is time to invigorate the vocal cords. Singing the golden oldies to one's heart's content on karaoke apps and then deciding that one has improved just a tiny fraction affords that satisfaction of a day well spent.

A video call with both daughters living in different parts of the world is the icing on the cake. They are my lifelines and a surefire way to deep sleep and pleasant dreams.

As they say- 'The happiness of your life depends on the quality of your thoughts', these pursuits, which are close to my heart have kept me happy through these difficult times.

Dr. Anurag Benawri  
Madhav, 1980  
Bhopal

# All the way from Canada

Greetings from Canada to India!

I hope this message finds you safe, well and enjoying all of this unexpected additional time with your families.

Though I am on the other side of the world, through my work as an educational travel provider I have developed a wonderful and lasting relationship with The Scindia School. My first encounter was in 2018, when I organized and led a tour for a group of Scindia School Boys here in Canada. I was subsequently honoured and privileged to come to your beautiful country to participate in the Scindia School Round Square pre-conference tour in October 2019.

I write this message from a cottage by Georgian Bay, a beautiful fresh water beach surrounded by pine and maple trees located one hour north of Toronto. Like you and like most of the world at present, my family and I are in isolation due to the pandemic, and I wanted to write to give you a glimpse of how this story looks here in Canada.

Isolation has brought many surprises. I usually live a very urban life in Toronto, but isolation has brought me to the lake and I am in daily contact with nature. My children – David and Elliot, 7 and 5 years old – have sharpened sticks to make spears (!) and every day they go exploring the woods, determined to catch a rabbit. Last week we had an unseasonably late snowfall that coated all the trees with thick snow – a welcome treat – and I pulled out my cross-country skis and enjoyed a glorious trek through the forest. It was a magical moment, and one of many that I owe to my isolation. Surprisingly, isolation has brought me closer to many people as I find I have an excess of time to connect and strengthen friendships. It is a unique moment in time that everyone I speak to – friends in France, Belgium, India, Kenya, UK, Italy, Netherlands, Columbia – we are all experiencing the same things.

There are also challenges. Like many industries, the travel industry has been hit hard by COVID19. Normally I travel all over the world for my work, new places and new people have become part of my life, and it is strange to stay in one place for so long. Our schools are closed, so I spend my time teaching my kids to read and write and do mathematics. And they teach me about animals...and about patience! Like many, my family has assisted volunteer efforts to make and distribute surgical masks and shields for our front line workers in COVID19 hospitals. I also donated a portion of the funds I typically pay for childcare services to a local food bank to purchase

food for families in need.

The past 60 days in isolation have taught me something about how to enjoy nature to its fullest, to enjoy my children and watch them grow, and continue improving myself. My son says he has, "never had so many hugs in one day." Time has also granted the opportunity to acquire a new language – Dutch – which I am learning alongside my son. I find physical exercise is a huge benefit to maintaining equilibrium, and I have a daily fitness regime and take walks every morning through the forest paths or along the beach with my kids. Weeks have passed like this.

The world has never had so much free time. I believe we should savour the sweet and fleeting moments as time passes and children grow. My husband once read me a beautiful poem by Robert Burns that reads:

Then catch the moments as they fly,  
And use them as ye ought, man;  
Believe me, happiness is shy,  
And comes not aye when sought, man.

I wish you all peace and hope you find joy in these moments with your family and that you motivate yourself to feel a positive momentum to ensure you and your community emerge stronger than before when normal life is finally restored.

With love from across oceans and mountains,  
Melina Mancini



## SOME CALL IT HEAVEN

Blown away with a glimpse  
Paradise you allowed a peak  
I must say the property rocks  
There is élan and there is class

Add to that your whetting list  
Exclusive is the company in  
A few trees taller than the rest  
But the hedges have equal say

I lend my ear to the music  
It seems to have a note so soft  
Lingers to solace the soul  
And blushes with promises

Indeed it's an address to covet  
Angelic flowers swaying about  
Gossamer wings carry thoughts  
Birds of Paradise reach out  
Thickets of tropical mystery

Birds and animals, even fishes  
Own the sky, the land and sea  
Stranger, they say, welcome be  
We are but custodians you see

Now that's a thought I think  
Noble in purpose, selfless  
Respect we must this much  
To taste of Heaven on Earth

Devendra Bhargava  
Jyoti 574

## IT'S TIME FOR FESTIVITIES

O Mankind!  
Every leap for you  
Is a jolt to me  
Every step forward  
Is another wound for me

Early on, you triumphed the seven seas  
Later, you steered the industrial revolution  
Much later, you conquered the skies  
But no one cared as a part of me died

Globalization became growth  
Polluting the air became the norm  
Poisoning the water became habitual  
But no one cared as a part of me died

Governments paid lip service  
NGOs proposed restoration  
Individuals collected praises  
But no one truly cared as a part of me died

I thundered, I trembled  
I begged, I cursed  
I pleaded, I revolted  
But no one cared as a part of me died

And then came one fine day  
Year 2020  
A day of festivities  
When the world stopped!

The skies above undisturbed  
The seas below calm  
The air in between untouched  
The time for me to heal and live again  
begins

For the sky is sky blue again  
For the birds are chirping and flying again  
For the stars are twinkling again  
Finally, I am living again

For the wind is blowing again  
For the clouds are showering again  
For the water is sparkling again  
Finally, I am living again

For the leaves are shining again  
For the fishes are breathing again  
For the earth is joyful again  
Finally, I am living again

Rejoice my children  
For I am rebounding  
The earth, the moon, the sun  
Your mother nature moves on

Rejoice my children  
For I am recovering  
To cradle you with my love and affection  
Your mother nature is back again

But as the festivities go on, deep inside  
I know the bitter truth lies elsewhere  
The dreams would remain dreams  
For I would, one day, die again!

As the human race revives and survives  
As it has done century upon century  
It would once again take control  
And once again, I shall die

The human race, as greedy as it is  
As atrocious as it is, as arrogant as it is  
As selfish as it is, as merciless as it is  
One day, I know, I will not be spared again

But so long as it lasts  
It's time for festivities  
So, rejoice my children  
For this time, once gone, may not soon  
come again!



Spoken by Mother Nature  
Noted by the Poet

Devashish Bharuka  
Daulat, 1995

# PRACTICE MAKES PERFECT

A teacher teaches the same subject to a few students, using the same notes. Yet, one of the class excels and gets better, while the others stay just where they were.

The reason is simple, as explained by Acharya Drona in the Mahabharatha. 'One who stays satisfied with the knowledge given, thinking this is all there is to know, stays where he is. One who thinks there is more to it and goes in search of that more, excels and makes a mark for himself.'

Learning is a never ending process. The more you learn, the more you find you hardly know anything. The quest for knowledge should be eternal, and with it practice, which makes a man perfect.

Keep studying, keep practicing...the mantra to be unique in your field.

With this in mind, and enough time in hand, free from all distractions and disturbances, I went back to my old notes and books to revise my study and also attended a couple of online classes to learn new techniques in the field of alternative healing modalities.

From the teachers I came across during these classes, I learnt one thing. Never, ever, use a negative word for your students. It may seem innocuous at that time, but it may leave a lasting negative impression in the mind of the student and hamper his development. Words have immense power, to both help and destroy someone. I had time to go back in time, to my days at School, and recollect what one of my teachers said to me in class. Something which unknowingly changed the entire course of my life. It could be for the good, or maybe for the worse, but it did happen. As a teacher myself these days, this is something which I learnt and will need to take care of.

Time well spent, is what I can say, for these days in quarantine.

Dr. Naresh Mintri RMP(AM)  
Ranoji, 1968-69

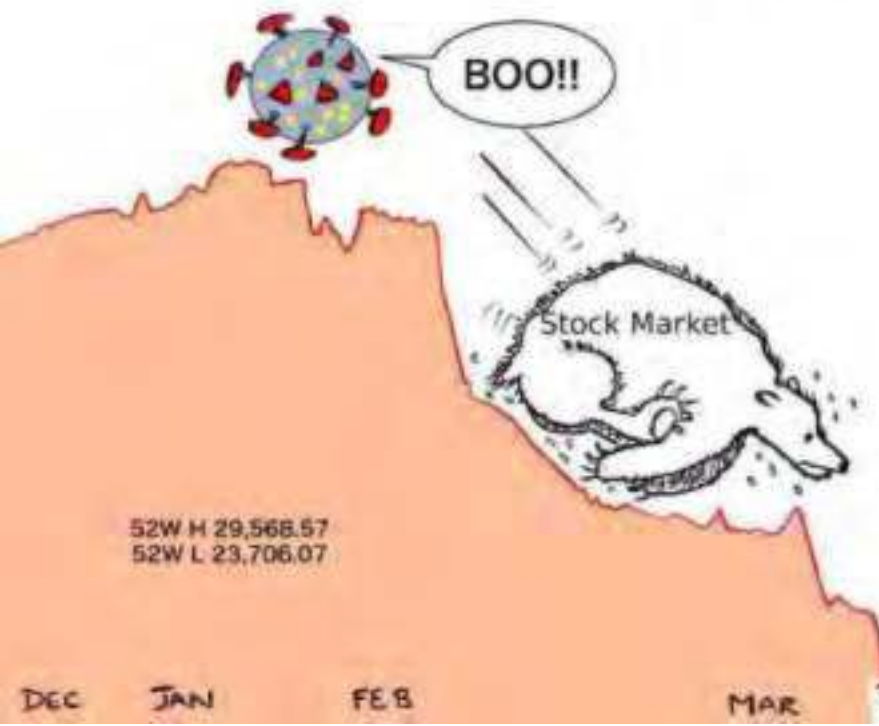


Perfection: Kartikey Agarwal (Jayappa, 2019)

# GROCERIES




COVID Chronicles - A safe run



52W H 29,568.57  
52W L 23,706.07

DEC JAN FEB MAR



# Sermon from the mount-not quite

COVID 19 or popularly known as CORONA, has and will leave an indelible mark on our psyche as also the canvas called Mother Earth, may be the entire Universe / Solar System forever and ever and perhaps a day more!!

## **Insight 1**

It will be a silly cliché to say..whatever happens will be for the good, not true for those who were born a decade or two before CV, during CV and after CV..CV has been and will remain a game changer for all times to come.

## **Insight 2**

Post CV is very much like an open slate (for all you know we may have to go back to the traditional slate); no we won't because we have already progressed to the digital world keep your fingers and toes crossed.

Standard operating practices are undergoing a metamorphosis; can't predict where we will reach and when.

## **Insight 3**

What our 5000+ years old culture, Rishis, Munis and visionary leaders like Bapu, PM Modiji could not inculcate in us, has now become the **new normal**

• Namaste has come to stay and is catching the world over as a **tsunami**

- Swatch Bharat, water conservation and waste control
- Health and Hygiene
- Sanitary requirements, hand washing and the like
- Standing in a **Q**, social distancing has now become the **new normal**

I fervently wish and pray that this becomes the **new normal**

**virus** and infects 134+ crore Indians for good and for ever. Not because of any evil design but all points above.

## **Insight 4**

Nothing, nothing at all will ever be the same again..certainly not remain natural or spontaneous. The items prominent to my mind (personally experienced over the lockdown)

• Hugging your own grandchildren!! This is a wish which even **Yamraj** will grant to grandparents with no restrictions at all.

- Embracing even close members of your own family
- Thank god that I am long past the age of romancing, but I truly wonder how the **Yuvjaan** of today will romance keeping in mind the social distancing!!

### Insight 5

Scindians of younger age will really need to **relook at their career options** and make alternative /back up plans. Some very popular dream careers / study locations have possibly become irrelevant or insecure overnight. To illustrate from present situation / examples:

- Airlines –pilots, crew, ground staff and related
- Travel Industry – Tourism related occupations
- Foreign education
- Foreign jobs

### Insight 6

Schools, colleges, Universities will need to totally relook / restructure:

- Courses, curriculum and even duration
- Mode and modalities
- Much more and **better usage of digital media**
- Their whole attitude towards **education**
- In my opinion there is no option but to resort to **experiential learning**

*I find that even Kindergartens have already done it and are succeeding so why not the others?*

### Insight 7 -

Our unique life @ The Scindia School – particularly The Gwalior Fort - **truly prepares us for the future; it always has and always will:**

- **A Scindian can never ever be "quarantined"**
  - What I primarily learnt at our school and its many special features by the **process of Osmosis** are:
    - o Fine art of getting along with people of diverse backgrounds, beliefs, religious orientations
    - o Respect for people – Voluntary work @ Sonsa village, adventure oriented labour camps
    - o Develop immense self-confidence and courage – successfully bunking the fort using out of the box methods- **Entrepreneurship**
    - o Deep appreciation for different skills, trades, professions – craft section where would anyone learn paper making, photography including processing camera rolls, soap making, metal work, wood work, stone carving and so many other opportunities as a part of the curriculum
    - o Love for nature – Astachal, inward silence, **importance of being ONE with self**
    - o Respect for animals – horse riding, particularly out-riding
    - o Overcoming hurdles and obstacles - the marathon on the Fort
    - o Team work and team spirit - till today no one knows that I was also one of the raiders of the Tuck Shop but did not get caught...three others were expelled- no body tattled on me!!
- All for One and one for all, thank you**

### Insight 8 - my final take

**COVID or another...**

**A Scindian is a Scindian forever, you are fortunate to be at Scindia School where you are groomed for LIFE**

Wish you a safe return to Scindia; it is in very safe hands; always remember the process is OSMOSIS, God Bless

P Shivanand  
Jayaji, 1968  
Bengaluru



# More than medicine

We were taught about Pandemics during our medical studies. I had never thought I would witness one in my lifetime. Working during it has been an altogether different experience. Masks, gloves, sanitizers and face shields will now be a part of my professional life, possibly permanently.

There's always a flipside and being passionate about writing I and my wife Dr Neelkamal Kapoor, Prof & Head Department of Pathology at AIIMS Bhopal, wrote two webseries during this period - 'NahakganjAspatal' and 'Lockdown Mein Talpade'. While the former is a satire on rural health services, the latter is a hilarious take on life in lockdown.

There are also several life lessons I learnt. To share a few:

- \* while sweeping you go forward and while mopping you move backwards.
- \* while boiling milk do not forget the slogan - 'savdhanihat, durghatnaghat'.
- \* each time the pressure cooker blows a whistle you need not dash out of the kitchen.

Wishing all friends, a happy and safe lockdown.

Dr Pradeep Kapoor  
Ranoji, 1974  
Bhopal



# Opportunity to Rethink



COVID 19 has brought the human race to its knees. The homo sapiens who took pride in walking on the moon, defying gravity, finding the mysteries of space far beyond our imagination and making amazing 'aloo paranthas' have now been reduced to lesser beings by a microorganism, which one can't even see with one's naked eyes.

However, at the same time it has given something valuable to each one of us. Time to look deep within ourselves. Some of us have grabbed this opportunity with both hands to reinvent ourselves; be it personally or professionally.

As I see it, the world will never be the same again. We have two choices, one is to sit back and pray that we find a vaccine and life will get back to normal as one had left it.

The other choice, is to get up and grab an opportunity which will help redefine what one does; keeping societal well being as the bigger picture. Whether you like it or not, believe in it or not, want it or not... THE WORLD IS CHANGING AND IT WILL CHANGE. The choice lies with oneself - what one does with this opportunity.

Living within the four walls for the last 7 weeks has taught me a few things which I want to share:

1. Nothing is more precious than life...well after Golf ;)
2. At the end of the day, the family is everything...but not too much of it!
3. Patience is a virtue, especially when you are locked inside with your wife for the last 7 weeks!
4. You don't need precious things to survive...but good food, hell YES!
5. And last but not the least...NETFLIX is the next best thing to a counsellor.

As the saying goes, 'Eat, Drink and Be Merry for tomorrow you may not die after all'!!

Stay safe, stay happy.

Sumit Prakash  
Jayaji, 1990  
Patna

# Whooshhh.... !!

Whooshhh....!!

Each one of us breathes..... don't we ?

Tons of literature has been written and spoken, about the right kind of inhalation. The perfumery industry alone invests billions to create that ultimate scent that would send our cerebral orbs into a frenzy. Stars lend their names to these, and receive cheques fatter than Humpty Dumpty. But, what about its poorer cousin, the one whose life starts in the dredges down under?

Commencing its upward journey from within the pulmonary muscles tucked deep inside our ribs, they meander through the oesophagus, crossing the tonsils, parting ways at the nasal junction, rubbing a few hairs, and then out through one of the two orifices. This is a routine journey 24x7x365, and that too in happier times. On bad days, it is forced to take a detour somewhere near our throats, slide across the slippery tongue, dodge the teeth, and exit through the mouth. Surely not a trip to be envied!

Whoosh !!

It's a thankless job; to constantly cleanse our lungs of all the carbon dioxide that is generated in our bodies, day in and day out. Can we imagine a single minute without this lovely process called exhalation, which is an integral part of our respiration process? What if we were to only keep inhaling the fresh oxygen, and not have an outlet? Its quite like the forgotten twin that we saw in Dhoom3.

What if it were to take offence, and sulk in one corner?

'No, I'm not going to breathe out today!'

'You jolly well sit up, and pay a little more attention to me, folks.... please.'

One of the additional things that exhalation also does, is to produce various sounds. Early man would have produced sounds to be used in emergencies, to warn others of

impending danger. One such sound was 'KreegahBundolo', made famous in the Tarzan comic series many of us read in our childhood days. Then, there were battle cries, which were used by army chieftains to motivate armies, and announce a victory. In the Indian context, a popular one was, and still is, HarHarMahadev.

Soon, there was a need to produce sounds which were pleasing to the ear. This brought about the advent of music, which combined the exhaled breath with harmony and rhythm. Early man must have heard the wind pass through the trees, and tried to whistle a tune in his leisure hours. This could have culminated in the invention of the humble flute. Archaeologists have found primitive flutes made of bone and ivory dating back as far as 43,000 years. These could logically be one of the earliest musical instruments to have been produced and played by mankind, using the power of the exhaled breath. The harmonica and melodica are much later additions.

Plants also exhale. And it is such a self-sufficient system produced by nature. They are capable of producing all of that that they need, totally on their own. A quick reference to our school days would take us to this wonderful system of photosynthesis built into the plant world. I sometimes think that this entire Earth actually belongs to these plants, who have inhabited it for a much longer period than our species, or any other animal. These bipeds and quadrupeds could have been created much later by the good Lord, so that they could produce some more of this carbon dioxide, much needed to sustain this lush greenery on our planet.

I have also learnt and tend to believe, that any single syllable, word, or sound produced in nature, does not die. It travels at its own speed, forming waves and ripples, in all directions, and can be received by anyone

Plants also exhale. And it is such a self-sufficient system produced by nature. They are capable of producing all of that that they need, totally on their own. A quick reference to our school days would take us to this wonderful system of photosynthesis built into the plant world. I sometimes think that this entire Earth actually belongs to these plants, who have inhabited it for a much longer period than our species, or any other animal. These bipeds and quadripeds could have been created much later by the good Lord, so that they could produce some more of this carbon dioxide, much needed to sustain this lush greenery on our planet.

I have also learnt and tend to believe, that any single syllable, word, or sound produced in nature, does not die. It travels at its own speed, forming waves and ripples, in all directions, and can be received by anyone possessing capabilities to do so. At some point of time, it may also merge into the universal sound that is produced in all of nature. Many of us in this part of the World, believe this universal sound to be AUM, a conjunction of three basic syllables, A, U, and M. Chanting it regularly surely has a soothing effect on my senses.

Sounds create words, becoming bridges to convert thoughts into action. They are God's ultimate gift to mankind, but a double-edged sword too. Used in moderation, they could create long-lasting relationships amongst friends and family. But, any single syllable uttered in excess, could ruin the best of ties, even those that

that took a lifetime to build. Ernest Hemingway had rightly said that though a baby learns to speak in two years, it takes a lifetime to learn to keep quiet.

Shhhhhh....is fine  
And so is shh....out  
Mix them slowly  
Space them out

Mix them slowly  
Space them out.

Whooshhh... !!

Sandeep Agrawal  
Shivaji, 1980  
Nagpur



# Corona Quotes

I happened to be overseas in London when the lockdown was imposed in India and since returning home was not an option, I decided to go and park myself in New York with two of my daughters who live there.

It was out of the frying pan and into the fire. The virus malevolently followed me to New York, which soon became the epicenter of the pandemic in the US.

Being on the wrong side of 60 years and harbouring the traditional co-morbidities of the unhealthy affluent, I am a prime candidate for hosting the virus. As a consequence, my daughter and son-in-law bundled me out of the city and transported me upstate to live in a remote airbnb accommodation in the middle of the woods. The good thing was that we were all together. It has been nearly two months since we have been here and I don't know how much longer this will last.

However, this has been a blessing in disguise. Let me enumerate:

1. I have the time to be with myself and ponder about my priorities, happiness and other important things in life. Normally caught in the routine activities we spare nary a thought to these things. With no pressure or stress of meetings, deadlines and targets, one looked within. I would strongly recommend that all of us should do this from time to time.
2. I realized that we are not the center of the universe but, in fact, a very small speck, which is completely irrelevant in the scheme of things. That there was no point in agonizing over what we cannot control. All that we can do is navigate through life to the best of our abilities. That worrying will get us nowhere.
3. I got time to spend with my family – daughters, grandchild and son-in-law. A lot of us, engaged in rigmaroles of existence, take things for granted and don't realize the value of bonding until it's quite late.
4. Even though physically cut off from rest of the world, this event brought people closer to us. Friends, extended family, colleagues, in the same boat, had plenty of time to connect, thanks to technology-zoom, facetime, whatsapp etc. Even happy hours were spent over zoom in the safety of our drawing rooms.
5. I personally was able to finish writing a book that was in the works for a long time. What is a fairly long book (nearly 400 pages) owes its early completion to Corona. And I still have the time, and the inclination, to embark on yet another book. God help the readers.
6. No longer having any excuse not to exercise regularly, I am getting my 10K steps plus, six days a week, in addition to pranayam, weights and some yoga. Hopefully my co-morbidities will be somewhat less morbid by the end of this.
7. Seeing the plight of so many of our fellow citizens, made me grateful for what I have. Rather than carping about small inconveniences and wants we should realize that we are infinitely more fortunate than 98-99% of our countrymen.
8. I was humbled to learn about the efforts being made by so many people and organizations, who despite so few resources, are providing succor to the less fortunate men, women and children in India. I was inspired by these stories and motivated to lend a hand to such selfless efforts. Every little bit helps.

9. I think Nature, God, whoever or whatever it be, has given us a pause. To re-evaluate life to step back and ponder. The skies are cleaner, the flora and fauna are revitalized, people are spending more time with loved ones. We need to smell the roses, see the stars, live and be alive.

10. There will surely be structural changes going forward- curtailment of unnecessary travel, working from home, improved hygiene, reduced conspicuous consumption and so on. The value of relationships will be felt more deeply. Work life balance will be restored.

All said, life is at a juncture where the reset button has been pressed. I am confident that we will all emerge from this crisis stronger as individuals, as families, as a society and as a country. All we have to do is to engender a positive attitude and be an integral part of our environment and society. There is no me. It is us.

Sitting in the woods in upstate New York, I too cannot wait for things to open up again. I don't think that life will be normal for a long time yet. However, we humans, and especially Indians, are adept at adapting and making the best of the hand we are dealt with.

Take care and keep safe.

Sanjiv Saraf  
Shivaji, 1975  
Delhi/ New York



# हे प्रभु

हे प्रभु तू ही रास्ता दिखा, कहे तो क्या करें ? दिन में सोना, रात को सोना, रात में सोना, सोना ही सोना, कहे तो क्या करें ? एक तो कोरोना वायरस से सारी दुनिया लड़ रही है, तो दूसरा आलस्य का वायरस शरीर में घर बना चुका है । हे प्रभु तू ही रास्ता दिखा, कहे तो क्या करें ?

सुबह खाना, दोपहर खाना, शाम खाना, रात खाना, अगर देर रात टीवी देखने बैठ गए, तो नमकीन चबाना । शरीर गूब्यारे की तरह फैल रहा है । कमीज भी चुस्त हो गई है, पेट के बटन ने जवाब दे दिया है । सभी जून पाजामे से टीशर्ट और इलास्टिक वाली हाफ पैंट पर आ गए हैं । कोई काम नहीं बचा, सिर्फ आराम के अलावा । हे प्रभु तू ही रास्ता दिखा, कहे तो क्या करें ?

हर रात्रि एक विचार मन में लेकर सोता हूँ कि कल इस कार्य को पूर्ण कर लूंगा । लेकिन यह आलस्य का वायरस दिमाग को कहता है कि, "अभी कई दिन बाकी हैं लॉक-डाउन खुलने में, काम कर लेना ।" सुबह से खादसएण, फेसबुक मेसेजर में हुका रहता हूँ । एक सिंपाही की तरह, सारे परिजनों को और समूहों में मेरा मेसेज पहले जाए ऐसा चाहता हूँ । खादसएण खादसएण नहीं रहा, एक कुड़ेदान का डब्बा हो गया है । अपना कूड़ा दूसरे को, दूसरा तीसरे को, तीसरे ने चौथे को और यही सिजसिला जारी रहते हुए आखिर में मेरे पास लौट आता है । उंगलियां दुख रही हैं छिलोट करते करते । दिमाग भी काम नहीं कर रहा जबसे डाटा फुल हो गया है । हे प्रभु तू ही रास्ता दिखा, कहे तो क्या करें ?

समस्या बहुत ही बड़ी एवं गंभीर है । इसका निदान कठिन होता जा रहा है । हम कैद में रहने की आदत नहीं है और हम नियम का पालन भी नहीं कर पा रहे हैं । लगभग 40 दिन लॉक-डाउन में रहने के बाद एक चीज जहन में आई और अच्छी तरह से समझ में आई कि पूरी मानव प्रजाति ने सुष्टि का वृद्ध रूप से दुरुपयोग एवं शोषण किया और खुद को खुला समझ बैठा ।

पुरानी कहावतें सामने आ रही हैं जैसे बुजुर्ग कहते थे कि दाल रोटी चल रही है, काफ़ी में हम सब बड़ी खुशों से दाल रोटी खा रहे हैं । विदेशी जंक फूड जैसे बर्गर, पिज़्ज़ा, पास्ता न जाने क्या क्या, जो एक सर दर्द था हमारी थाली से निकल गया । बच्चे भी घर का खाना बड़े बच्चे और चाचा से खा रहे हैं । घर के बड़े और बच्चे सब वही एक साथ घर में रहने और वक्त बिताने का मौका मिला जो इस जीवन की आपाधापी में खो गया था । अब विचार भी मिलने लगे हैं जो कि पहले ब्रीक लगाते थे ।

शुरुआती लॉक-डाउन में कम लोगों ने इस नज़ाकत को समझा और समय का उपयोग किया । पर अब मुझे मेरे सवाल का उत्तर साफ-साफ दिखाई देने लगा, मुझमें ही तेरा उत्तर छिपा था । प्रभु तूने हम सब को एक और मौका दिया है सुधरने का । सबकी प्रेरणा खोज बनाया ।

भूखे को अन्न दान करवाया, पाक भोजन संस्था के माध्यम से मिलवाया, डॉक्टरों से पूर्ण सेवा करवाई, पुलिस वाले भी एड़ी चोटी करने में पीछे नहीं है, सफाई कर्मचारी भी दिन-रात लगे हुए हैं। इंसानियत का रास्ता जो तूने दिखाया, हम एक दूसरे के प्रति भूल चुके थे । सबके मन में इंसानियत जगा दी, सभी एक दूसरे से दूर होकर भी एक दूसरे से जुड़े हैं जैसे कि एक परिवार हो ।

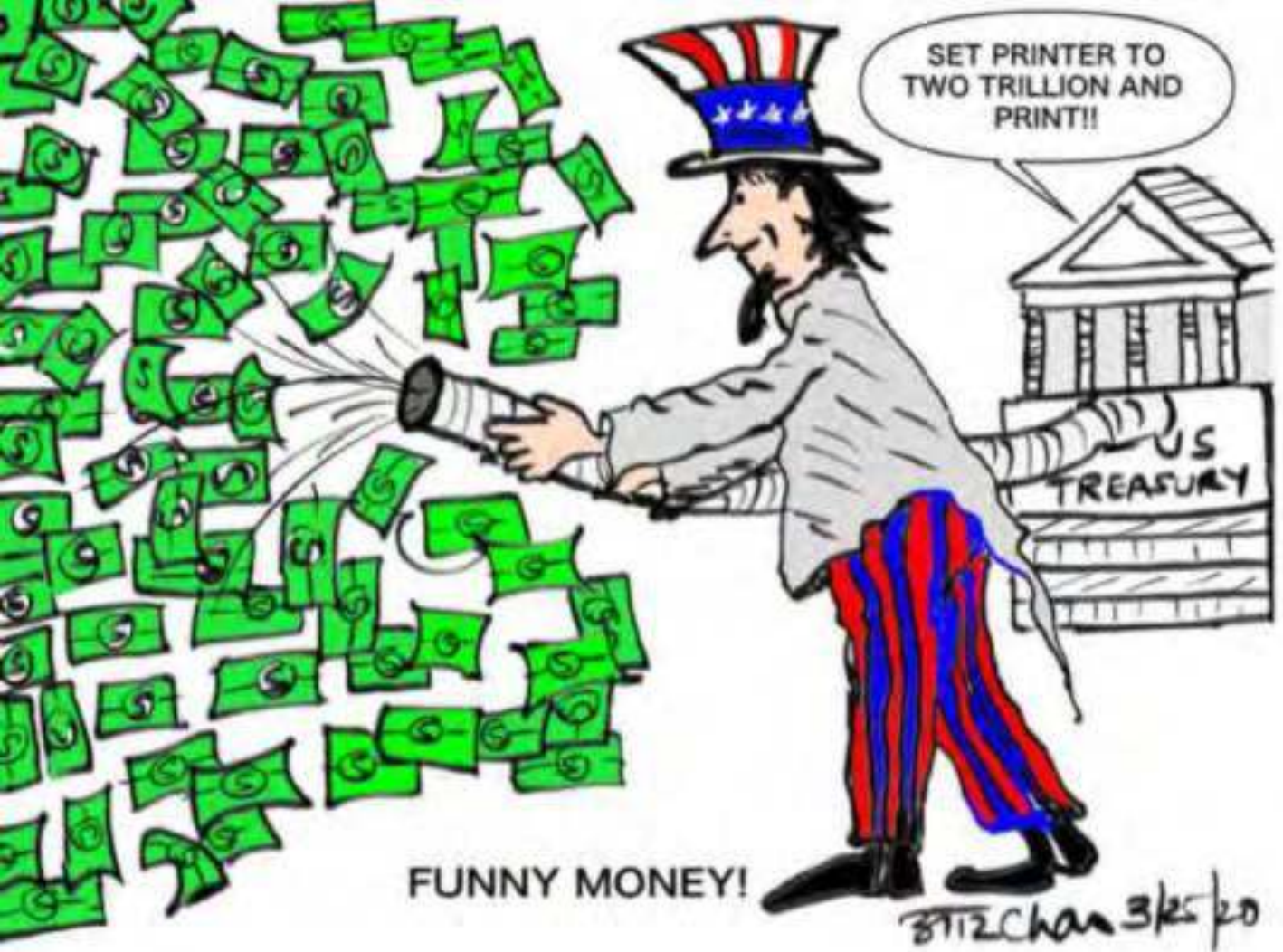
तूने सबको मौका दिया, उनके दिल में जो अरमान दबे थे उसे जागृत किया । जैसे सेवा करने की कोई टिक टॉक में प्रतिभा दिखा रहा है - कोई नृत्य करके, कोई गाना गा कर और कोई लेख लिखकर और कोई खंजन बनाकर ।

क्लेश, लालच, बुराई से इन दिनों दूर-दूर तक का नाता नहीं दिखाई दे रहा । एक दूसरे को सूर्य देखना चाह रहे हैं और सब सुख दुख के साथी बन गए हैं । एक दूसरे के बारे में पूछते रहते हैं ।

हे प्रभु तेरा कोटि-कोटि धन्यवाद, आपने यह सुगहरा अवसर जिस रूप में भी दिया । अब नहीं कहूंगा - "हे प्रभु रास्ता दिखा, कहे तो क्या करें ?" क्योंकि इतने दिन गृह-बन्दी में तूने रास्ता खुद ब खुद दिखा दिया और एहसास कराया कि मानव रहना है तो मेरे बनाए हुए नियमों से रही । यहां हुकूमत मेरी चलती है, तू मेरी एक महत्वपूर्ण रचना है, सांसे में तेरी है तो लेने का भी हक मुझे है । हिंसा से रह, मेरी बराबरी करने की भूल मत कर, अभी बच है, संभल जा । अब नहीं कहूंगा, हे प्रभु रास्ता दिखा कहे तो क्या करें ।

जयंत भगपाल  
दौलत, 1991







# Of retirement and lockdown recipes

31st March is the end of the financial year!

For me, however, 31st March 2020, was slightly different.

No financial results, but an equally big 'R'.

A 10 letter word called 'Retirement'.

The fact that this coincided with what the world knows as 'the lockdown' did not make it easier...

The challenge was to do something which I had never done in my life over three decades of working life.

Being home bound, I started making myself useful by doing the small chores...sweeping the house, doing the dishes, and once in a while breaking the lockdown to do some grocery shopping!!

I was being fed outstanding meals by my wife, and being a self-acknowledged foodie, I turned, on an impulse, to Google baba .

To look for recipes.

I discovered a gold mine!

Now, there was no going back...zipped off to get ingredients (largely non vegetarian), and entered the kitchen .

There was no going back thereafter.

#PepperMutton  
#PunjabiMuttonCurry  
#SukkaMutton  
#KoshaMangsho  
#MintSauceMutton  
#ChickenSagwala  
#PrawnButterMasala  
#PrawnVindaloo  
#ChickenDhabaStyle

Every alternate day, a new recipe.

A new post retirement plan started to emerge...post the lockdown, I knew what I wanted to do.

Start a restaurant.

Called, what else, "Lockdown Recipes"

Atul Takle  
Ranoji, 1973  
Mumbai



# Community Service & Old Boys' News



Service before self is what the boys imbibe at the Scindia School. Service has been an integral part of the School since time immemorial, what could be better than contributing to the society we are a part of! Our boys donated 51 K to the UP Government. Proud of you boys! Keep the flag of the School flying high. The thoughtful gesture was initiated by Gatik Bhonwal, Harshit Agrawal, Agrim Singh, Utkarsh Gupta, Raghav Sengar, Ansh Jaiswal, Ronit Wadhwa, Hardik Singh & Aradhya Shukla.

Mr Akhil Agarwal (Ex-Rn, 1970) has developed many products for use in our homes and offices, helping us to remain safe in this current scenario. These include Trolleys, Sanitizer Stands, Shields, and more.



SOBA Lucknow distributed 2400 food packets containing 5kg Atta, 5 kg Rice and 1 ltr cooking oil to needy persons with the help of the office of Lokayukta U.P.



#IndiaFightsCorona

SOBA requests all its members to donate to the PM CARES Fund to fight the COVID-19. To make donations click on the link shared



On completion of 100 years of school Let's contribute in multiples of Rs. 100

SOBA will donate Rs. 100 per Scindia donation made between 01st to 15th April 2020. Please share donation details at the Email ID / Whatsapp Number given below

Together, we will make this happen!!!

Dr. Rajendra Dubey  
President SOBA  
Email: drdubey@scindia.org  
Whatsapp: +91 9790 1000

Scindia Alumni contributed approximately Rs7.80 lakh to PM Cares Fund to fight Covid-19.



SCINDIA FOR INDIA

A unique initiative to help the nation in the fight against COVID-19

OUR SPECIAL GUEST



Project Performance Chief of IIM, Mumbai  
Former Managing Director, Infosys

OPEN SOURCE  
the future of LEADERSHIP

A SOBA Webinar was held on 10th May 2020. Mr. Rajeev Peshawaria (Ex-Md, 1981) spoke on Leadership in the digital world.



Mr Dharendra Dubey (Ex-Mj, 1985) based in Bhopal, is the Director of Kilpest India Ltd., which has developed an inexpensive PCR Detection kit for COVID-19, and is the second Company in the country to get ICMR approval for the same. He has earlier received MSME Award-2018 from Hon'ble President of India, Shri Ram Nath Kovind.



Mr Shobhit Sharma (Ex-Md, 2008) has started manufacturing

Sanitization Booths for Corona Disinfecting, at his unit in Ghaziabad. These have been approved by UP Govt., are being supplied across the country for use in industries, hospitals, educational institutions, offices etc.



A SOBA Webinar was held on 6th May 2020. Guests were: His Excellency Mr. Vikram Misri (Ex-Sh, 1981), Indian Ambassador to China. He spoke on Indo-China Relationship, Power Equations, and the Impact of Corona Virus. Dr Nalin Mehta (Ex-Rn,1996) Executive Editor, The Times of India.



Dr Vikas Mishra (Ex-Jyotiba,1994) Associate Professor (Microbiology), In-charge of Virology & Serology Laboratory, G.S.V.M Medical College Kanpur is taking care of COVID19 TESTING LABORATORY, and has tested thousands of samples for COVID19 using RTPCR Technique.



Mr Rehan Khan (Ex-Je, 1983), along with his small team, has been providing food packets, drinking water and fruits to migrant labourers in Hyderabad since the last one month. Till date, they have done this for about 15,000 persons, and the activity is still continuing.

Mr Ashwini Seth (Ex-Sh, 2008) has introduced Self Sanatizing Nano coating under his brand name, Dennison Protect+. These are useful to disinfect Virus, bacteria and can be used in homes, offices, School & industries. His products are available through phone call and email.



Mr. Neeraj Periwal (Ex-Je, 1990) has been running a community kitchen at Jaipur for the last two months, in association with Rambagh Golf Club, and some other volunteering donors. They have so far distributed about 20,000 food packets to the under privileged, and 6900 meal boxes for doctors and nursing staff of SMS Hospital, Jaipur.



SOBA Delhi NCR presented the 3rd edition of: THE F G PEARCE SYMPOSIUM: A Confluence of Thought. The topic was Business after the Pandemic: A Perspective. This was a Zoom webinar for Scindians. This was held on Sunday, May 17, 2020 at 05:30 PM. Speakers were: Mr Robit Sipahimalani (Ex-Ja, 1984), Chief Investment Strategist @Temasek, Singapore. Mr Amit Jain (Ex-Je, 1988), Group CEO @Emaar Properties, Dubai. Mr Amitabh Malhotra (Ex-Md, 1986) Head Investment Banking @HSBC India, Mumbai.



Dr Himanshu Kumar (Ex-Ja, 2007) volunteered to work as a frontline doctor in ESIC Medical College and Hospital (COVID hospital), New Delhi. He specializes in Dermatology. While at School, he took an interest in Sports (Hockey Team Captain), and academics. Thereafter, he completed MBBS from VMMC & Safdarjung Hospital, New Delhi and PG from PGIMER, Dr RML Hospital, New Delhi.

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