

# The Swaminarayan

Education is that which liberates

Dear Parents, Guardians, Pupils and Friends,

## Theme for next week

This week is about celebrating women, so I have asked a few amazing former girls to tell us about what they are doing, each making their contribution to society in their own amazing way. The theme for the next week is **“Problem Solving.”** I have written about it on the back of the newsletter.

## S5 Geography Fieldwork Investigation. Mr. Pinto writes...



The S5 Geography class have now completed their syllabus and undertook their final fieldwork last week. This will go on to serve the students in the Enquiry based Paper 3 of their GCSE this summer. Isha Patel writes, “On Wednesday 27 February, the Year 11 Geographer’s journeyed to Epping Forest to complete their Rivers Fieldwork aspect of their syllabus. Rivers

Investigations are a strength of the Geography department and we had already covered substantial elements within the classroom but this gave us an opportunity to participate in ‘live Geography’. It was sunny with highs of 17 degrees and yet we were all dressed in Duke of Edinburgh clothes ready to face the worst of conditions! Upon our arrival, we met Celeste, our instructor for the day, who guided us throughout the day. After quick introductions, we jumped straight into the deep end by discussing the various data methodologies that we would be using, and the different risks associated with undertaking fieldwork in Epping Forest. Before we headed out we put on our wellington boots. After collecting the boots, we began our journey to the watershed of the river and continued to walk to the source of River Loughton Brook. Following this, we went to outdoor classroom and discussed hypotheses we would be investigating. Then we had lunch. It was after this that the real challenges began. We set out on a 20-minute trek to our first location, which was the lower course of the river. Here we got into the river and carried out various investigations, such as river depth and velocity, sediment characteristics and channel features. This was then repeated at the next two sites which were the middle course and the upper course of the river. After completing our investigations we concluded our day having walked about 7 km! I feel very confident about approaching Paper 3 now that we have covered the fieldwork investigation so comprehensively. We would like to thank Mr Pinto, for organising this day for us and Dr Chouder and Mr Patel for driving us there.”

**Dr Sheetal Patel, MBBS, BSc (Hons), MRCP UK**



I completed my A-levels at The Swaminarayan School in 2005, and am currently a clinical oncology registrar at University College London Hospital having qualified from medical school 8 years ago. I feel strongly about giving back to the community, and participate in voluntary activities at the Swaminarayan mandir in Neasden. This has consisted of voluntary first aid services, organising events such as a mother and baby conference, and most recently, providing a talk on cervical cancer screening.

I have also had the opportunity to contribute towards the education of less fortunate children by raising money for CAREducation Trust by climbing Mount Kilimanjaro. I enjoy spending time with my family and friends, and taking up new hobbies such as skiing and scuba diving. I enjoy learning from the experience of others by reading inspirational books and biographies, the most recent written by Paul Kalanithi. Looking to the future, I hope to continue learning to better myself as a whole.

**Nidhi Negandhi,**

**Entrepreneur**

Nidhi is a young entrepreneur who is a Director of two companies; MnM Consultancy Services Ltd (Marketing Agency) and Royal Destination weddings (Global Wedding Stylists).

Nidhi joined TSS in 1992 when the school first opened. She has remained in contact with her peers and school teachers and continues to attend events organised by the school. TSS has helped shape the futures of students by encouraging them to focus on discipline, dedication and determination. These qualities were instilled into Nidhi during her school education at TSS and she credits this to her successes in her further education and professional life.

During her school life she was fortunate to have gained work experience, with companies such as Zee TV, Shana Foods, Cobra Beer and Accenture. Nidhi credits her experience to TSS and her family who motivated and pushed her to gain experience in the field where she would eventually attain success. Nidhi started her consultancy business after leaving University where she completed a Marketing degree and attained first class honours.

MnM's rise in the marketing world has not been based purely on luck, Nidhi is a driven business woman who strives for perfection and it was not long before her professionalism and attention to detail attracted interest from Viacom 18 who instructed Nidhi to market for their key channels namely Colors TV and Rishtey TV. Nidhi continues to work alongside A-listed brands including Shana Foods, SHIAMAK, SKVP, and Sony TV.

In 2019 Nidhi launched a new company; Royal Destination Weddings. This company focuses on the preparation and organisation of weddings all around the world. Nidhi has extensive experience in organising weddings in India and Europe and it is her love for this industry which encouraged her to start this new venture.



It doesn't stop there, Nidhi plans to start a new venture in the online sector in the future, truly an example of what can be achieved through hard work and dedication.

### **Councillor Krupa Sheth**



Cllr Krupa Sheth left the Swaminarayan School in 2008 to study Law.

In December 2011, Krupa Sheth became the youngest ever elected councillor in Brent at the age of 20 and she is the youngest British Asian to be elected to post in the UK.

Krupa Sheth is currently serving her third term as a Councillor for Wembley Central Ward and is also the Cabinet Member for Environment in Brent. She is the youngest cabinet member in Brent.

### **Dealing with problems**

#### **Think**

Problems are a daily occurrence in life. People have to work with each other. Whenever people come together there will inevitably be times when they will not agree with each other and you will find this to be the case with your friends at school, with teachers and with your family. No two people will always agree. Learning to deal with people and problems is a part of life and the sooner you learn this, the happier, more fruitful and productive your life will become.

#### **Feel**

When you are young you always have people around you to help you and life doesn't seem all that bad. As you grow through your school years you will become more and more independent. The decisions you make may also become more and more important, and some of them may have life-changing impact. You will learn to deal with problems in your own way, and sometimes you will stumble and make the wrong decisions. The most important thing to remember is not to suffer them on your own. If you have problems with your friends the best thing to do is speak to them about it, and if they are your true friends they will be happy that you spoke to them directly. The same is true with your family; remember that they love you. Their love for you is unconditional and your parents and brothers or sisters are your staunchest supporters. Speak to them frankly about anything that troubles you and they will always find a way to help you.

#### **Do**

Schools have teachers and counsellors to help you, and in many schools nurses as well. If it is an academic problem ask your teachers, and if you are shy to ask in front of everyone or afraid to make a fool of yourself in front of your peers, ask after the lesson, during the break or lunch time. If they are busy make an appointment at a time when it is convenient for them. If you have personal problems speak to your Form or Class teacher, or make an appointment with the school counsellor. Some schools will have 'Vertical Mentoring Schemes' when older students mentor younger students. The support for you is there, all you need to do is ask for help. Even adults can't cope with their problems on their own.

Yours sincerely,

Nilesh Manani

