



AMANORA
SCHOOL



RYAN
Group of Institutions

SCHOOL Connect

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Grades VI to XII

From the Director's Desk

Hope is a renewable resource and sustainable optimism is the key to unlocking it. Sustainable optimism is the belief that a better future is achievable if we work hard and are committed to realize it. It is all about adopting a positive outlook combined with a tinge of pragmatism. Sustainable optimism includes the following:

- Accepting difficulties and complexities while clinging to optimism and hope. Most of the important things in the world have been accomplished by people who refused to quit. They kept on trying when there seemed to be no hope at all.
- Prioritizing advancement and long term remedies over short term fixes. Try and set up goals that command your thoughts, liberates your energy and inspires your hopes
- Promoting adaptation, resilience, and learning from failures. Convert every failure as an opportunity to learn and develop.
- Having a growth mentality and being receptive to fresh viewpoints, for true learning and growth come from being open to new ideas, embracing feedback, and actively seeking out diverse perspectives.
- Making steady, small changes that lead to improvement. Each small effort helps to maintain motivation and engagement, and each achievement reinforces our sense of progress and competence.

Overall, embracing incremental improvements can lead to increased productivity, enhanced well-being, and a greater sense of fulfilment in pursuit of a better existence. A better and more practical future can be achieved by individuals and communities through the adoption of sustainable optimism, which fosters a culture of empowerment, hope and cooperative problem solving. It is only through gratitude that optimism is sustainable.

**- Ms. Meera Nair,
Director-Principal**



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Quote of the month

Sustainable Optimism

“With gratitude, optimism becomes sustainable.”

— Michael J. Fox



When we focus on the things we are thankful for, we can maintain a positive outlook even during challenging times. Gratitude helps us recognize the good in our lives, which in turn fuels our optimism.

Article from Headmistress



Sustainable Optimism for Our Students

"Sustainability is not a goal to be reached but a way of thinking, a way of being, a principle we must be guided by."

– Paul Hawken

At our school, we are committed to fostering both academic and environmental awareness in our students. We are focusing on "Sustainable Optimism," which combines a positive outlook with a sense of ecological responsibility.

Our approach includes engaging, hands-on activities across all grade levels. For example, gardening projects allow students to plant seeds, tend to their growth, and learn about nature's cycles. This teaches patience, responsibility, and environmental appreciation.

We also incorporate storytelling and reading materials that highlight eco-friendly practices and optimistic problem-solving, helping students understand the importance of a positive attitude in overcoming obstacles.

Encouraging sustainable practices such as recycling, conserving water, and turning off lights reinforces positive behaviour and a sense of accomplishment.

Parental involvement is crucial. Demonstrating enthusiasm for sustainable practices at home inspires children to adopt these habits wholeheartedly.

Together, let's guide our students towards a brighter, more sustainable future.

**- Ms. Swati Biswas,
Preprimary Coordinator**

CCA Activities



Enhancing Creativity and Skills through Co-Curricular Activities

Co-Curricular Activities (CCA) play a crucial role in CBSE schools, fostering the holistic development of students. These activities extend beyond formal learning, enriching academic experiences and nurturing various skills. CCA helps students develop interests, enhance language and communication skills, and cultivate artistic abilities. Additionally, CCA promotes analytical thinking, competitive spirit, value orientation, leadership, teamwork, and other essential life skills.

Recently, a separator-making activity was conducted for grade X, under CCA. Students enthusiastically created beautiful subject-wise separators, which will be used to organize their portfolios. This creative exercise not only brought joy but also boosted their confidence. The best three sets of separators from each section were selected, further encouraging the students. This activity significantly enhanced their creativity and artistic expression.

A Creative Journey Through the Lens

Grade IX students at Amanora School participated in a Co-Curricular Activity (CCA) centered around photography. The theme of the contest was the rainy season, encouraging students to capture moments that reflected rain, clouds, puddles, umbrellas, people, and nature. Each student submitted an original photograph taken by themselves. Through this creative endeavor, students honed their attention to detail, explored different perspectives, and expressed themselves. The learning outcomes included fostering curiosity, initiative, and persistence, enabling students to engage with the world in productive ways. The CCA was a resounding success, extending students' exposure beyond the classroom and contributing to their overall development. Going forward, such activities will remain an integral part of the



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school's curriculum, nurturing students' innate desire for innovation and holistic growth.

Raindrops Unveiled

"In every drop of rain, there is a story waiting to be told"

This quote perfectly captures the essence of the Co-Curricular Activity in which grade X students participated - Photography Contest which focused on the theme of Rainy Season. Co-curricular activities (CCAs) enhance formal learning experiences and play a crucial role in enriching academic pursuits. The students captured the beauty of rain through their lenses, from the playful splashes of puddles to the delicate dew drops on flowers, each photo told a unique story of the rainy day. Every click of the camera created lasting memories and highlighted the vibrant beauty of nature during this season.

The entries for the contest were truly exceptional, showcasing a diverse range of interpretations of the theme. Three entries from each section were selected to encourage the students who had captured the spirit of the season. This contest highlighted how a camera lens can reveal magic even in the simplest moments.



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Creative Advertising

The students of grade VI participated in an exciting and creative "Vigyapan Lekhan" activity. The classroom buzzed with enthusiasm as young minds delved into the world of advertising, learning the art of crafting persuasive and engaging advertisements. The activity began with a brief introduction to the concept of advertising, its purpose, and the key elements that make an advertisement effective. Students employed catchy slogans, attractive visuals, and compelling narratives to make their ads stand out. The exercise not only enhanced their creativity but also honed their writing and teamwork skills.

The highlight of the activity was the presentation session, where the students showcased their advertisements to the class. The activity concluded with a reflective discussion on what they learnt and how advertising impacts consumer choices. Overall, the Vigyapan Lekhan activity was a resounding success, providing students with a fun and educational experience in the world of advertising.

Exploring the Wheel

Grade VI students participated in an enriching model-making activity focused on the invention of the wheel and its diverse applications throughout history and modern times during their Social Studies period. This hands-on project aimed to deepen their understanding of this pivotal technological innovation while fostering creativity, teamwork, and critical thinking skills. By creating models that showcased various uses of the wheel, students were encouraged to research, plan, and construct their projects, applying knowledge from history, science, and



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engineering. The presentations not only highlighted their creativity and understanding but also boosted their confidence in public speaking.

Milky Way Galaxy

The grade VI students recently engaged in an enriching art-integrated activity that brought the wonders of the Milky Way to life through creative expression. This project began with an introduction to the Milky Way, where students learned about its structure, spiral arms, and celestial components. As they crafted, they added intricate details to depict stars and celestial bodies, making their artwork both informative and visually captivating. This activity not only enhanced their understanding of astronomy but also allowed them to express their knowledge artistically, fostering a deep appreciation for both science and art. The integration of these disciplines made the learning process engaging and memorable, demonstrating the power of interdisciplinary education in sparking curiosity and creativity among students.

Prefixes and Suffixes Chart

Students of grade VI were engaged in preparing a chart on prefixes and suffixes. The activity helped the learners learn new words and their meanings by adding prefixes and suffixes to base words. They understood how prefixes and suffixes can change a word's part of speech, such as from an adjective to a noun. The activity helped them recognize patterns in word formation and build a strong foundation in morphology, which is crucial for literacy development.

Exploring HCF with Creative Math

As the new session began so did the excitement of performing and involving in various Math activities. Students of grade VI were engaged in exploring the properties of numbers to find



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the Highest Common Factor. They used coloured unit paper strips to illustrate the properties of HCF. The active participation of the students created a positive learning environment for the young learners.

Learning Multiplication of Rational Numbers

As the new session began so did the excitement of performing and involving in various Math activities. The students in grade VII performed this multiplication of rational numbers activity individually. They divided a rectangular page horizontally and vertically according to the denominators of the rational numbers and they shaded the horizontal part with one colour and the vertical part with another colour and they noted down the observations in their notebooks. Through this activity, they learned the rules of multiplication of Rational numbers. It was a good learning process as the students were highly involved in presenting the content. Students enjoyed this activity and they also learned the multiplication of Rational numbers.

Understanding Angles with Parallel Lines and Transversals

Lines and Angles are one of the favourite topics for students as they can relate a lot of them with their real-life scenarios. They perform a lot of activities with enthusiasm but when it comes to learning the different angles made by parallel lines cut by a transversal, they always get confused. To overcome this challenge the following activity was conducted in all sections of Grade VII where first they drew two parallel lines and cut them by a transversal and named all the angles as angle 1, angle 2 and angle 8 then they traced the lines on a translucent paper and named the angles in the same method. Then they cut the corresponding angles and placed them on A4 size paper and they overlapped each other, the result promoted curiosity among them, then they cut alternate interior angles and placed them on A4 size paper. The activity, enabled them to verify and



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learn how corresponding angles and alternate interior angles are equal. Students participated with lots of zeal and enthusiasm.

Engaging Science through Storytelling

Storytelling in education is an effective tool for learning as it engages the learner's imagination, emotions, and cognitive abilities. Stories help learners remember and retain information better than facts or figures. Students of grade VII were engaged in story creation during their Science period. Students crafted a story illustrating modes of heat transfer to convey and retain the learning material effectively. They built a connection between the story and the subject matter by creating an emotional connection. The activity stimulated the learner's curiosity and imagination and developed a deeper level of engagement. Students participated with great zeal and enthusiasm.

Learning Regional Kingdoms through Crosswords

Grade VII students learned about the regional kingdoms of India. This History chapter has numerous names of kingdoms and their capitals, dynasties and kings, languages and literary works, battles and treaties, cultural and architectural legacies, and many more. It is challenging for learners to remember all these facts in the right order with correct spellings. To encounter this challenge a fun way of learning was planned in the form of a crossword activity. Students were divided into groups and asked to prepare a crossword by taking clues from the chapter. The crosswords were exchanged among the different groups to solve them. This simple yet engaging activity was a great experience for learners by which they were able to remember and retain the facts and the spellings of important words, develop logical skills, and work. Teachers also



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get a sense of satisfaction when they see students taking up ownership in the teaching-learning process.

Mastering Adjective Order

English is a complex language with many fascinating aspects, and one of them is the order of adjectives. As a writer or speaker, understanding this order is crucial to accurately and fluently describe things and people. By understanding and adhering to this 'Royal Order of Adjectives', we can convey information in a clear and organized manner. In sync with the Grammar topic: Order of Adjectives, a group activity was conducted for the students in grade VII during the English period. The students structured the information and sentences using different colored sets of index cards with adjectives written on them. This activity helped students to recognize and recall categories of adjectives and use rules for placing adjectives in order.

Understanding Democracy through Quotation Writing

Grade VII students learned about democracy as a form of government in the chapter Democracy. This Civics chapter is a comprehensive study on political democracy, economic democracy, and democratic society. To ensure that learners will understand the concept of political, financial, and social democracy in detail a quotation writing and presentation activity was done. Students were asked to explore citations of famous thinkers about democracy, write them on an A4 size sheet in a presentable manner, and further try to gauge the meaning of that quotation or citation. This activity resulted in an elaborative discussion around the topic of democracy and all the learners were able to contribute to it. This simple yet engaging activity was a great experience for learners as the classroom turned into a storehouse of knowledge of



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democracy. Exploration, comprehension, explanation, and presentation of all domains got a boost by this activity. It also developed speaking skills among the learners.

Visualizing the Impact of Heat

Graphic organizers can help to visualize and construct ideas, organize and/or sequence information, brainstorm, compare and contrast ideas, show cause and effect, and more. Students of grade VII were engaged in making a graphic organizer on the impact of heat during their Science period. Students made creative captivating graphic organizers to illustrate the effects of heat. They expressed the concept with beautiful images. The activity promoted creativity, critical thinking, sequencing, and communication skills. Students participated with humongous zeal and excitement.

Collage-Making Activity on the Red Cross

Activities are an integral part of today's teaching-learning process. Exposure to various opportunities not only makes learning everlasting but also enjoyable. Collage-making activity was organized for the students of grade VII during their Hindi period. In reference to a Hindi chapter "Lady with the Lamp", students had to make a collage on the Red Cross. They created beautiful informative collages. The collages were creatively embellished with pictures and information. The activity promoted collaboration and teamwork among the learners.

Advocating for Biodiversity Preservation

Students of grade VIII were engaged in a poster-making activity during their Science period. The primary objective of the poster activity was to raise awareness among the students about the critical role biodiversity plays in maintaining ecological balance, supporting human well-being, and ensuring a sustainable



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future for generations to come. 'The World with and without Biodiversity' campaign served as a visual crusade, advocating for the protection of Earth's biodiversity. The power of art combined with compelling messages successfully captured the attention of the young mind and instilled a sense of responsibility for preserving nature. The students participated in the activity with great zeal.

Discovering India's Physical Divisions Through Chart Making

Students of grade IX have embarked on an exciting journey through a chart making activity on Physical Division of India in their classroom. As part of the activity, each group marked the particular physical division and highlighted the significance beautifully. Each group researched their assigned part, gathered information, images, and interesting facts and creatively presented them on A3 size paper.

India's diverse physiographic divisions contribute to its unity as a nation in cultural unity, economic integration, strategic importance, political unity, environmental interdependence.

In summary, India's divisions, while distinct, contribute to its strength as a diverse yet unified nation.

This activity not only enhanced the students' knowledge of geography but also fostered teamwork, critical thinking, and presentation skills. It aimed to help the young minds learn spatial relationships and the importance of the physical divisions along with its prominent features.

Student Presentations on Laws of Motion

The activity highlighted several real-world applications of Newton's Law. The PowerPoint presentation played a crucial role in enhancing the learning experience during our exploration of Newton's Law of Motion.



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The creativity of a child knows no bounds. Students of grade IX got an opportunity to enhance their creativity and public speaking skills when they were asked to make presentations on various topics of the chapter "Force and laws of motion". Their zeal and enthusiasm was clearly visible and so was the peer bonding as students worked in groups. It was indeed a pleasure to watch them present with confidence and integrity.

व्याकरण के वाक्य भेद: खेल का महत्व

वाक्यों का रूपांतरण वह प्रक्रिया है जिसके द्वारा किसी वाक्य को उसके अर्थ में परिवर्तन किए बिना किसी विशेष रूप में स्थानांतरित किया जाता है, जब तक कि ऐसा करने के लिए न कहा जाए। छात्रों के सीखने की प्रक्रिया को और भी आसान बनाने के लिए, यहाँ कुछ नियम दिए गए हैं जिनका पालन किया जाना चाहिए और वाक्यों को बदलते समय आपको किन बातों का ध्यान रखना चाहिए। एक बार जब छात्र वाक्य परिवर्तन की प्रत्येक श्रेणी को पढ़ लेते हैं, तो विस्तृत लेख देखें ताकि छात्र जान सकें कि किस तरह से परिवर्तन किया जाता है और साथ ही साथ दिए गए उदाहरण भी स्पष्ट रूप से समझ सकें और उनका प्रभावी ढंग से उपयोग कर सकें। पूर्व पठित ज्ञान के आधार पर छात्र अर्थ के आधार पर वाक्य भेद को समझते हुए रचना के आधार पर वाक्य भेद को जानेंगे, तथा उनके नियमानुसार वाक्यों को उनके विभिन्न रूप में परिवर्तित करना सीखेंगे। तत्पश्चात एक रोचक खेल के माध्यम से व्याकरण के इस महत्वपूर्ण विषय की पुनरावृत्ति करेंगे।

Exploring Acids, Bases, and Indicators

Grade X students have prepared different natural and olfactory indicators to study about the nature of substances. They also could determine the approximate pH of samples taken for the activity. They have prepared different dilutions of acids and bases to understand the relation between pH change, dilution and strength of acids. Students have discussed the activity in the class and submitted the inference and analysis of the activity.



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Building Memory Skills with Pass the Paper Activity

Cognitive evolution gave human beings the most superior brain on the planet. As a result, the ability of humans to remember things is unmatched. To develop these skills the students of grade X were engaged in doing an activity named "Pass the Paper" on the topic Sectors of The Indian Economy. The major domain of cognition is- Memory. Memorization is a continuous process and need continuous learning as well. This activity helped the students to test their memory and in turn help them to learn the concepts well. Students were asked to go through the given topics and then write their opinion on the questions which were written on a sheet of paper. The paper was then passed to every individual in the group and each child shared their views. This activity helped the students increase their memory power. Students participated with great interest and ardour developing their learning skills.

Enhancing Understanding with Mind Maps on European Nationalism

Mind Mapping is a powerful note-taking method. Mind Maps not only highlight important facts, but also show the overall structure of a subject and the relative importance of individual parts of it. They are great when you need to think creatively and can help you to make new connections between ideas.

Mind maps provide a structured way to capture and organize ideas and information. They help users to understand concepts by breaking them down into their component parts. The technique is used to develop new ideas, or to break down and have a better understanding of the existing information.

Mind map making activity was conducted by the students of grade X on the topic The Rise of Nationalism in Europe.



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Students were asked to go through the given topics and make a mind-map giving related information about the unification of different countries of Europe.

Students participated with great enthusiasm and zeal in this activity.

An Interview Activity with Mirabai and Kabir

History students of grade XII presented activity from the chapter Bhakti and Sufi Traditions. The objective is for history students to understand the perspectives of Mirabai and Kabir through interview techniques. This activity aims to enhance students' grasp of historical contexts, develop empathy, and improve inquiry and communication skills. Students acting as Mirabai and Kabir will gain deeper insights into these historical figures' lives and experiences. The interviewing students will sharpen their questioning and critical thinking skills.

Flow Charts in Statistic

Flow Charts are excellent for summarizing information and showing relationships between different elements. This helps students understand and organize their thoughts which often require interpretation, that can promote critical thinking skills. Students learn to analyze the information presented in the form of flow charts, draw conclusions, and apply what they've learned to new situations. Students of grade XI Commerce and Humanities stream were engaged in making flow charts with reference to Statistics for Economics chapter Collection of Data. It was a group activity where the students were assigned various topics to discuss and write the pointers. In the next session students presented their topics with zeal and enthusiasm.



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Aggregating Insights: Exploring National Income Methods

Students of grade XII worked in groups to explore National Income Aggregates using methods like the Income Method, Value Added Method, and Expenditure Method, they gained a deeper understanding through shared perspectives and discussions. This collaborative approach helped them reinforce their knowledge by explaining concepts to each other. Additionally, group activities foster leadership skills as students take turns guiding discussions and coordinating tasks. Analyzing the different methods together enhances critical thinking and problem-solving abilities, while the necessity of clear communication improves their ability to articulate thoughts and engage in productive dialogue. Interacting with diverse peers also develops important interpersonal skills such as empathy and patience.

Overall, group work not only deepens students' grasp of economic concepts but also equips them with valuable skills for personal and professional growth.

Collision Theory in Action

In a grade XII experiment on Chemical Kinetics, students investigated the effects of concentration and temperature on reaction rates. The experiment focused on the relationship between the concentration of a reactant and the rate of reaction, utilizing rate-time graphs to demonstrate this connection. During classroom discussions, students explored the importance of studying reaction rates and examined collision theory as a predictive model. Since direct measurement of reaction rates is not possible, chemists often monitor the concentration of reactants or the volume of gaseous products over time. By analyzing concentration-time graphs, students identified whether reactions followed zero-order, first-order, or second-order kinetics.



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For chemical reactions to occur, particle collisions are necessary, and the rate depends on the number of successful collisions per second. The lesson sequence adopted a model-based inquiry approach, allowing students to evaluate collision theory and rate equations as models for explaining reaction rates. Understanding reaction rates is essential for controlling industrial processes, and the students also explored how temperature affects reaction speed.

This student-centered approach emphasized hands-on learning, encouraging active analysis and interpretation of experimental data. By engaging directly with the concepts, students were able to better understand chemical kinetics through an interactive and dynamic learning experience.



Events



Celebrating Leadership and Academic Excellence

July was a momentous month at our school, marked by the Investiture Ceremony and the felicitation of academic excellence for grades XII, X, and the ASE Award Ceremony for grade IX students. The event was graced by Dr. Angela Murze, Senior Director of Rockspace Technology, and Mr. J. K. Bhosale, Chief Operations Officer of City Corporation Limited. The ceremony began with a warm welcome to the esteemed guests, dignitaries, parents, teachers, and students, followed by the school anthem and the lighting of the traditional lamp. The Chief Guest and Director-Principal administered badges to the new student leaders, symbolizing their roles and responsibilities. Arav Rao was appointed Senior School Captain, with Mohammed Zaidul Haq as Vice-Captain. Zahra Bandokwala and Smit Lodha took on the roles of Junior School Captain and Vice-Captain, respectively. In total, 36 school cabinet members were entrusted with various portfolios.

The newly appointed leaders accepted the school flag, symbolizing leadership transition, continuity, commitment, and unity. Director Principal Meera Ma'am officiated the oath-taking ceremony, where students pledged to uphold the school's values and principles. Senior School Captain Arav Rao delivered an inspiring acceptance speech, reflecting his leadership and commitment.

Following the Investiture Ceremony, the event celebrated the outstanding academic performance of grade XII and X students, who were awarded for their dedication and exemplary scores in the CBSE examinations. Mr. J. K. Bhosale and Dr. Angela Murze presented the awards, celebrating the students' commitment to excellence.

The ceremony continued with the Award for Student Excellence, honoring grade IX students for their brilliant performance in various subjects. Certificates of Excellence



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were awarded to these young achievers, encouraging them to continue their pursuit of knowledge and excellence.

The event concluded with motivational speeches by Mr. J. K. Bhosale and Dr. Angela Murze. Mr. Bhosale commended the students for their perseverance and encouraged them to maintain their dedication. Dr. Murze emphasized the importance of continuous learning and pursuing one's passions. Their words left a lasting impression, inspiring students to aim for greater heights and make meaningful contributions to society.

The Investiture Ceremony, felicitation ceremony, and ASE Award Ceremony were unforgettable events, celebrating leadership and academic excellence while inspiring the entire school community. These occasions highlighted the hard work and dedication of our students, teachers, and parents, setting a high standard for future academic achievements.



Assemblies



Discipline is the bridge between goals and accomplishment

Discipline serves as the crucial bridge between setting goals and achieving them. It involves maintaining consistent effort and self-control to follow through on tasks and commitments, even when challenges arise or motivation wanes. With discipline, individuals can steadily progress toward their objectives, making incremental improvements and overcoming obstacles along the way. It transforms ambitions into tangible results by fostering persistence, focus, and resilience, ultimately turning dreams into accomplished realities. A refreshing assembly centered around this theme was conducted by grade VI. The importance of discipline in achieving goals was conveyed through a poignant poem and a compelling skit, which was received positively by the audience.

Reading is Important

Reading is essential for personal and academic growth, providing a gateway to knowledge, critical thinking, and language development. It enhances vocabulary and writing skills while fostering imagination and creativity. By exposing readers to diverse perspectives, reading builds empathy and understanding. Moreover, it stimulates the mind, reduces stress, and supports academic success. Encouraging regular reading habits nurtures lifelong learning and personal development. The students of grade VI beautifully presented an assembly on the topic 'Reading is Important', which inspired young minds to understand the importance of reading. This important message was relayed through a skit and was thoroughly enjoyed by the audience.

Assemblies



Global warming- A Warning

The footprint of 'Global Warming' can be seen in every corner of the planet. Erratic weather patterns, rising sea levels, and melting glaciers due to climate change, are reshaping societies across the globe. Global Warming is affecting human health, wildlife, food production, clean water access, and the economy at large. To promote awareness about the impacts of global warming and the role of humans in driving these changes an assembly was conducted by the students of grade VII on the topic "Global Warming". The event witnessed active participation by the students. The impacts of 'Global Warming' were magnificently elucidated through a beautiful skit. The students illustrated the causes of global warming, highlighting several key factors. The assembly amplified a sense of responsibility within the students for the well-being of the planet Earth.

Kargil Victory Day

On 26th July, India celebrates Kargil Victory Day, a day that marks the country's victory over Pakistani forces and to honour the bravery and sacrifice of Indian armed forces who fought in the Kargil war in 1999. An assembly was conducted by the students of grade VII to honour Indian armed forces who fought in the Kargil war. Students creatively emphasized the bravery and sacrifice of Captain Vikram Batra, Lieutenant Manoj Kumar Pandey, Yogendra Singh Yadav, Flight Lieutenant Gunjan Saxena, and Sreevidya Rajan through an enthralling skit. The assembly witnessed humongous zeal and excitement among the young learners.

Assemblies



Save Tigers: Nation's Pride/Save Wildlife

The tiger is the most charismatic and ferocious wild cat and the national animal of India. It symbolizes India's wildlife wealth. It is considered the national animal because of its grace, strength, agility, and enormous power. To educate our learners on the importance of tigers in our ecosystem, an assembly was conducted by the students of grade VIII, on the topic "Save Tigers: Nation's Pride/Save Wildlife". India is the land of the largest number of tigers in the world and consists of 50% of the world's tiger population. Yet this creature is the most slaughtered one in the country and is on the verge of becoming extinct. In 1970, the alarm was raised and hunting of tigers was made illegal. Many programs and initiatives are taken for the protection of the tiger population living in the wild. This was creatively illustrated through an impactful enthralling skit. The assembly witnessed humongous zeal and excitement among the young learners.

Importance of Reading

As rightly quoted by Walt Disney "There is more treasure in books than in all the pirate's loot on Treasure Island". Reading can transport us to different worlds and allow us to experience different perspectives, much like how dreams do. To foster the reading habit among our learners an assembly was conducted by the students of grade VIII, on the topic "Importance of Reading". Reading can be a form of escapism, where we can temporarily forget reality and become immersed in a story. It makes us more empathetic, and knowledgeable and stimulates our imagination along with improving vocabulary and promoting better communication skills. This was creatively emphasized by the students through an enthralling skit. The assembly witnessed humongous zeal and excitement among the young learners.

Assemblies



Pi Approximation Day

Mathematics speaks a universal language of symbols and numbers. Every year, 22nd July is observed as Pi Approximation Day, also called Casual Pi Day. It is believed that the mirror image of 3.14 is a pie and the value of this number is infinite, which does not end. To celebrate and foster mathematical attitude among our young learners an assembly was conducted by the students of grade VIII on the topic 'Pi Approximation Day'. The day marked great enthusiasm and student engagement. The application of Math in our day-to-day life was beautifully presented through an enthralling skit. The event remains etched in the minds of the students, thus connecting them intimately to the world of Mathematics.

Doctors - Society's Health and Well-being

National Doctors' Day is a day celebrated to recognize the contributions of physicians to individual lives and communities. This year 2024, the National Doctors Day theme is "Healing Hands, Caring Hearts". The theme emphasizes the dedication and compassion doctors bring to their practice daily and the critical role they play in saving lakhs of lives throughout their lifetime. To spread awareness about the doctor's contribution to society learners an assembly was conducted by the students of grade VIII, on the topic "Doctors - Society's Health and Well-being". Ms Vinisha Chawla a medical student enlightened the learners about nutrition and personal hygiene. The assembly helped the young learners to understand the doctor's contribution to society.

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Sweetness in life, not in blood

The theme "Sweetness in life, not in blood" emphasized the importance of kindness and compassion in human relationships. It highlighted that true sweetness comes from our actions and attitudes towards others, rather than just biological connections. Grade IX students conducted an assembly on this theme, starting with the school prayer, word and thought of the day, and a news update. This was followed by a skit demonstrating how acts of kindness, empathy, and respect can create a harmonious community where individuals support and uplift each other, regardless of familial ties. The class teacher then underscored the importance of fostering a culture of empathy and understanding to build a more inclusive and compassionate environment within the school and beyond. The assembly concluded with words of wisdom and encouragement from the coordinator.

Forest and livelihood sustaining people and planet

If we build a society based on honouring the earth, we build a society that is sustainable, and has the capacity to support all life forms. Let's make sustainability a priority.

The students of grade X presented an assembly that focused on the critical issue of Forest and livelihood-Sustaining people and planet. The assembly began with a prayer and the thought of the day, which reminded the students of the importance of sustainability of the planet and the impact that climate change can have on our environment and community.

A speech on conservation of renewable resources, emphasizing the severe consequences it can have on both humans and the ecosystem, was delivered by a

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student. The student also mentioned about the importance of an individual's responsibility in water conservation and reducing water usage. A skit on planting more trees and making our planet better than we found it, saving water for future generations and the need to show appreciation and respect for the environment was narrated by the teacher. The assembly on Forest and livelihood served as a powerful reminder of the importance of taking proactive measures to protect our environment and safeguarding our future. It is imperative that we work together to address the challenges and ensure a more sustainable planet for generations to come.

Plastic Free Society- Adopt Sustainable Alternatives

The students of grade IX at Amanora School conducted an inspiring assembly on the theme "Plastic Free Society – Adopt Sustainable Alternatives," underscoring the urgent need to combat plastic pollution and embrace eco-friendly alternatives. The assembly, which began with the school prayer and pledge, featured various segments, including the Word of the Day, Thought of the Day, and News updates. A compelling speech highlighted the destructive impact of plastic on our environment and the necessity of adopting sustainable practices. A group song on saving the Earth resonated with the audience, reinforcing the importance of environmental stewardship. The assembly concluded with the class teacher's insightful 'Teacher's Talk,' followed by the national anthem. The students demonstrated commendable teamwork and enthusiasm, making the assembly a powerful reminder of our responsibility to protect the planet for future generations.

Assemblies



Stay Healthy, Stay Strong, Stay Active

"Our bodies are our gardens; our wills are our gardeners."

- William Shakespeare

The students of grade X presented an assembly on "Stay healthy, Stay Strong and Stay Active."

The assembly began with a prayer, thought of the day and word of the day, which made the students realise the importance of Staying healthy, strong and active followed by a news update. A speech on how to stay healthy strong and active and how to choose good, healthy habits and nutritious food over unhealthy diet was delivered by a student.

The student emphasized upon the importance of living a healthy lifestyle.

An engaging skit on "How to develop healthy habits over the sluggish and unhealthy lifestyle", depicting that every step towards health is a step towards a brighter future, was staged by the students.

The skit was accompanied by a rap song taking the healthy lifestyle in rhythm, sung by a group of students.

The assembly over the topic stay healthy, stay active and stay strong was an eye opener for the children to work and stay focused towards the healthy, strong and above all the active lifestyle for living this beautiful life given to us by the almighty.

As rightly said by Virgil, The Greatest wealth is health. So stay Healthy, stay strong, stay active.

Assemblies



World Day for International Justice

The students of grade X at Amanora School presented a captivating assembly on the theme of 'World Day for International Justice.' This day, also known as the International Day of Justice, commemorates the anniversary of the adoption of the Rome Statute, which established the International Criminal Court (ICC). The students emphasized the importance of justice in maintaining global peace and security, and highlighted the day's significance in raising public awareness about serious crimes such as genocide and terrorism, as well as the long-denied justice for many victims.

The assembly began with the school prayer and pledge, setting a reflective tone for the program. The segments that followed included the Word of the Day, Thought of the Day, and News updates. A powerful speech on the concept of justice traced its modern roots back to the Enlightenment era, particularly through the philosophies of Immanuel Kant. The speech stressed the growing recognition of equality before the law and the expansion of egalitarian principles to all human beings—men, women, and children alike.

The students of grade X also conducted an engaging quiz on the topic of justice, which saw enthusiastic participation from their peers. The assembly concluded with a motivational speech by the coordinator, who also took the opportunity to distribute certificates and medals to the winners of the International Mathematics Olympiad (IMO).

The students of grade X executed their assembly with great teamwork and enthusiasm, leaving a lasting impression on the audience.



Teacher's Corner

Sustainable Optimism: The Power of Gratitude

In a world filled with challenges and uncertainties, the idea of sustainable optimism shines as a guiding light. Michael J. Fox, who has lived through his own struggles, wisely said, "Gratitude makes optimism sustainable." This quote beautifully captures the connection between being thankful and maintaining a positive outlook that lasts. By embracing gratitude, we can nurture an optimism that endures through life's ups and downs.

Understanding Sustainable Optimism

Sustainable optimism is more than just a fleeting positive thought. It's a deep-seated mindset that remains steady over time. It means finding hope and positivity even when things get tough. Sustainable optimism isn't about ignoring problems or pretending everything is perfect; it's about recognizing reality while still holding onto hope for the future.

How Gratitude Fuels Sustainable Optimism

Gratitude is key to fostering sustainable optimism. When we practice gratitude, we focus on the good things in our lives, no matter how small. This shift in focus helps us build a more optimistic outlook that can prepare us to face the challenges of life.

By regularly acknowledging and appreciating the good in our lives, we develop a stable and lasting sense of optimism. This practice of gratitude doesn't eliminate challenges but provides us with the mind-set to handle them more effectively.



Teacher's Corner

How to Cultivate Gratitude for Sustainable Optimism

To cultivate gratitude and, in turn, sustainable optimism, try these practices:

Daily Reflection: Spend a few moments each day to reflect on and write down things you are grateful for.
Expressing Thanks: Regularly express appreciation to others, which strengthens positive relationships and a supportive environment.

Mindfulness: Practice mindfulness to stay present and fully appreciate the positive aspects of life.

By incorporating these practices, you can develop a habit of gratitude that sustains your optimism over time.

Conclusion

Sustainable optimism, powered by the practice of gratitude, offers a powerful tool for navigating life's challenges. As Michael J. Fox wisely stated, "Gratitude makes optimism sustainable." By embracing gratitude, we can build a resilient form of optimism that lasts, allowing us to face the future with hope and positivity.

- Ms. Rubina Shaikh,
Teacher

Health, Safety and Child Protection (HSCP) Practices



Standing Strong Together: Anti-Bullying Campaign

Bullying remains a significant issue in schools worldwide, affecting the well-being and academic performance of students. Crafting compelling anti-bullying slogans empowers students to take a stand against bullying and create a culture of kindness and respect within their school community.

Students of Grade VI participated in anti-bullying slogan writing activity. Students used catchy language and powerful imagery to convey their message effectively. By actively involving in the process of crafting anti-bullying slogans served powerful reminders of the collective responsibility to stand up against bullying and create a safe and supportive environment for all students.

Trivia

Question: In what year did the Titanic sink during its maiden voyage across the Atlantic Ocean?

Answer: 1912.

Question: Which element, essential for life on Earth, has the atomic number 6 and is the basis of organic chemistry?

Answer: Carbon.

Question: Who is credited with developing the theory of general relativity, which revolutionized our understanding of gravity?

Answer: Albert Einstein.

Question: What is the term for the process by which plants convert sunlight into chemical energy, specifically in the form of glucose?

Answer: Photosynthesis.

Question: Which ancient civilization is known for developing one of the earliest forms of writing, called cuneiform?

Answer: The Sumerians.

Students Speak



Sustainable Optimism

I recently came across a few lines said by famous tennis player Leander Paes:

"Playing for 1.4 billion people could either be pressure or it could be wind within your wings."

What a perfect example of optimism! Optimism is a magnetic force that connects us in many ways. It is a strong belief in the future that gives us a positive outlook on the things that will happen ahead so that we can find the best in others and work together for a better tomorrow. In society, two thoughts always prevail together - pessimism and optimism. The best example is that pessimists believe in Malthus's theory of population and see a gloomy picture of the future, with a population growing exponentially while the resources grow linearly. Optimists believe that growing population is an asset with innovation, science, and technology. We can make the world a better place to live in, with better health, better connectivity, better living, and longer life.

Welcome to the circus of optimism. The optimism circus is not merely a spectacle. It is a celebration of ties that bind us in the shared experience of joy, resilience, and, of course, optimism for the future. Resilience is the key to sustainability. A resilient society is always optimistic and consistently develops itself towards a brighter future. India is a live example that sustained its optimism when all other countries faced turmoil at the time of Covid 19. It not only sustained optimism but also grew to become the 6th largest economy in the world, defying Malthus's theory.

Sustainability comes with the attitude of gratitude. Gratitude towards what we are and what we have. Gratitude towards our ability to overcome the challenges of life. So, if you want sustainable optimism, try incorporating gratitude into your daily routine. Take a few minutes every day to reflect on the things you are thankful for, whether it's your health, your family, or simply a beautiful sunset. After all,

"Optimism isn't a belief that things will automatically get better; it's a conviction that we can make things better."

-Melinda Gates

- Anvi Paliwal,
Grade VII 'J'

Parent Speak



Sustainable Optimism

Optimism is characterized by hope and confidence in success and a positive future. It is a tendency to expect good things in the future.

Optimism is really rooted in gratitude. Optimism is sustainable when you keep coming back to gratitude, and what follows from that is acceptance. Accepting that this thing has happened, and you accept it for what it is. It doesn't mean that you can't endeavour to change. A daily practice of gratitude, whether each morning, afternoon, or evening, really can change how you experience so many things in your life. Gratitude and optimism are intertwined

sustainable optimism begins by acknowledging things as they are, which means not getting caught up in hopes & expectations. Followed by focussing on gratitude for what is, no matter how small. With practice & patience we can all rise the tide of our optimism boats.

We should teach sustainability to our kids as it teaches small changes help us in a big way. The trick is sustainability isn't a destination - it's a journey. Sustainability is a practice and an ethos for how we engage with the world.

**- Mr. Asheesh Kumar,
Parent of Aanya Kumar, Grade VIII 'G'**

Student Achievements



Kalyani Kala Utsav – 2024-25: Knowledge Quest

The Kalyani School organized the “Knowledge Quest” Competition as part of Kalyani Kala Utsav 2024-25. Six teams from different schools participated in the competition, consisting of 5 challenging rounds. The questions in each round covered various subjects such as physics, chemistry, computer science, history, and geography. Despite the tough competition, our students excelled in all rounds and secured the 2nd position. Each student demonstrated their talents across all rounds, striving to earn points and ultimately emerge victorious.



Upcoming Events

- Tirangaa

