



**AMANORA
SCHOOL**



From the Director's Desk

Wellness and Mindfulness

"In the stillness of the present moment, we find the strength to heal, the clarity to grow, and the peace to thrive."

In today's fast-paced world, where we are constantly juggling academic pressures, social expectations, and digital distractions, the importance of wellness and mindfulness has never been more urgent. Wellness is more than just staying physically fit or avoiding illness; it is a holistic state of well-being that includes emotional stability, mental clarity, and a sense of inner peace. Mindfulness, closely connected to wellness, is the art of being truly present—of experiencing each moment with awareness and without judgment. It teaches us to pause, breathe, and pay attention to what we often overlook: our thoughts, our feelings, and the world around us.

Practicing mindfulness empowers us to respond rather than react. It strengthens our focus, reduces anxiety, and fosters emotional resilience. Studies show that even a few moments of mindful breathing each day can lead to improved concentration, better sleep, and a more positive outlook. Incorporating wellness into our daily lives can be as simple as walking in nature without checking our phones, eating meals without rushing, reflecting on what we're grateful for at the end of the day, or simply being kind to ourselves when we fall short.

In the rush to succeed and stay connected, we often forget to care for our inner selves. But the truth is, we can't pour from an empty cup. When we nurture our minds and bodies with awareness, compassion, and intentional habits, we not only feel better—we perform better, too. By choosing to be mindful and embracing wellness as a daily

practice, we equip ourselves to face life with strength, clarity, and grace. Let us remember, wellness is not a luxury—it is a necessity, and mindfulness is the key that unlocks its full potential.

- Ms. Meera Nair,
Director - Principal

Editorial Committee:

Ms. Swati Biswas - Preprimary Coordinator

Ms. Charu Mohan Srivastava

Ms. Bhawna Sharma



Quote of the month

"Wellness begins with mindfulness — being present with your thoughts, your breath, and your choices."



ARTICLE FROM COORDINATOR



"It is health that is real wealth and not pieces of gold and silver."

– Mahatma Gandhi

In today's fast-paced world, where even young children are swept into busy routines and screen time, wellness and mindfulness have become more important than ever. As educators and caregivers, it is our responsibility to nurture not just academic growth, but also our children's emotional and physical well-being.

Wellness is not merely the absence of illness but a balanced way of living. It includes healthy eating, adequate rest, physical movement, and feeling emotionally secure. In school, we strive to make these part of daily life through structured play, reflective moments, and conversations that help children become more aware of themselves and others.

Mindfulness, at its core, means being present. It helps learners improve focus, manage emotions, and develop self-awareness. Simple practices—like calming breaths after playtime, quiet reflection before lessons, or sharing circles—help students feel grounded and better equipped to navigate daily challenges.

Now that the academic year is well underway, it is a good time for all of us to reflect on the overall well-being of our children. Consistent routines, open conversations, and quality time at home go a long way in reinforcing the values nurtured at school.

Together, let us continue to build a nurturing environment where every child grows up feeling healthy, heard, and whole.

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

ACADEMIC ACTIVITIES

That's Me! – Photo Recognition Activity

Nursery children took part in a joyful self-recognition activity aimed at nurturing confidence and self-awareness. A phone camera was set up on the table, allowing the little ones to view their reflections on screen. In front of them was a collection of printed photographs of all the children.



With eager eyes and cheerful curiosity, each child watched themselves on the screen, then carefully scanned the photo display to find their own image. Once they successfully identified themselves, they picked up their photo and proudly pasted it into their books. This thoughtfully designed activity not only brought smiles to their faces but also helped enhance their visual recognition skills and sense of identity.

One-to-One Correspondence Activity

Nursery students explored the concept of one-to-one correspondence through a fun and meaningful activity. The teacher showed a birthday party picture, pointing out how each friend had one piece of cake on their plate. This helped children understand the idea of giving one item to each person.



Next, three puppets were introduced as friends without stationery. Children eagerly helped by placing one pencil, one eraser, and one crayon for each puppet. The activity reinforced early math skills in a playful, hands-on way.

Learning Letters the Creative Way!

Learning letters lays the foundation for literacy and effective communication. As Prep I children begin to recognize letters and their sounds, they gain clarity and confidence in speech. At this early stage, blending creativity with learning helps nurture a love for language.

To support this, a fun and interactive drawing activity was organized for Prep I students. Children were given specific letters and asked to draw objects that began with those letters. This not only reinforced alphabet recognition but also sparked their imagination and encouraged visual expression.



ACADEMIC ACTIVITIES

Activities like these make learning joyful while strengthening letter association, creativity, and self-confidence in our young learners.

Mystery Bag

Prep I children were filled with excitement and curiosity as they explored the Mystery Bag—a playful activity designed to boost their thinking and language skills. One by one, they reached into the bag to feel hidden objects, using their senses to guess what they might be.

As they described textures, shapes, and sizes, the activity strengthened their vocabulary, observational skills, and critical thinking. The thrill of discovery and the smiles on their faces made it a truly memorable learning experience!

Feel the Weight

Through this fun hands-on activity, students explored the concept of heavy and light by lifting a variety of objects and feeling their weight. Using a weighing machine, they also measured and compared each item. This engaging experience helped children understand weight differences while developing their observation, comparison, and critical thinking skills in a playful way.

Mera Pariwaar

Our little Prep I explorers joyfully took part in the Mera Pariwaar activity during their Hindi class. Each child created a colourful drawing of their family—mummy, papa, bhaiya, didi, dada-dadi, or nana-nani—filling their pages with bright colours and happy faces!

As they proudly shared their artwork, they also spoke simple Hindi sentences like, “Yeh meri mummy hain,” “Yeh mere papa hain,” and “Yeh mere dadaji hain.”

This heart-warming activity helped children develop fine motor skills through drawing, learn and speak simple Hindi words and sentences, and understand the importance of family love and bonding. It was a delightful session filled with smiles, creativity, and lots of love for our pariwaar!



ACADEMIC ACTIVITIES

Discovery of Vowels and Consonants

Prep II students explored the alphabet through an engaging Flashcard Sorting Activity. They learned that the letters a, e, i, o, and u are vowels, while the others are consonants. Using bright flashcards, children identified letters, said it aloud, and sorted them into vowel or consonant groups. This hands-on activity helped reinforce letter recognition, sounds, and early phonemic awareness, making the foundation of reading both strong and fun!



Object Counting and Number Names

Prep II students enjoyed a hands-on numeracy activity focused on object counting and number names. Using flashcards, pompom balls, and blocks, children picked a number name and counted the matching number of objects. As they counted, they practiced reading the number names aloud with the teacher's support. This fun and interactive activity helped strengthen their counting skills, improved recognition of number names, and made learning both engaging and meaningful.



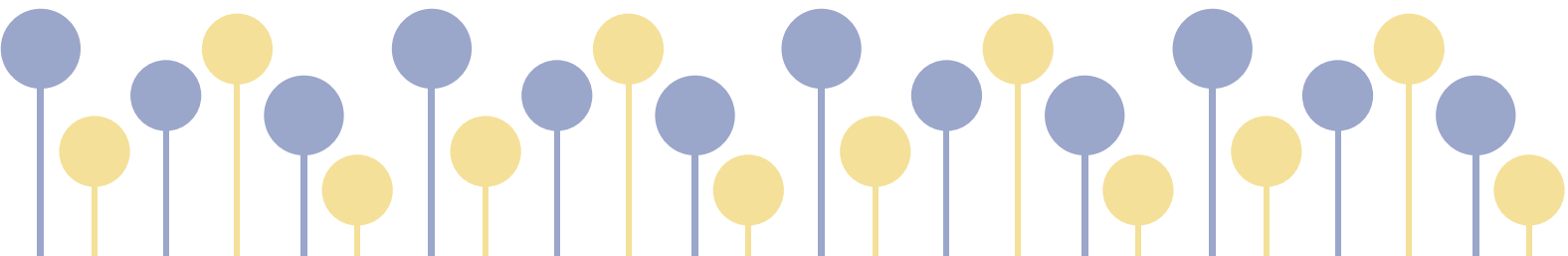
Milking the Cow

As part of our learning theme on farm animals, our little learners had an exciting experience learning about milking the cow!

Children were introduced to how cows give us milk – a healthy drink that helps us grow strong. They watched a fun video/story and learned that farmers gently squeeze the cow's udders to collect milk. Using a pretend setup, children tried the milking action themselves, building curiosity and motor skills.



It was a fun, hands-on experience that helped them understand where milk comes from — straight from the farm to our glass.



ACADEMIC ACTIVITIES

Learning Vyanjans the Creative Way

Drawing helps children recognize letters by engaging their visual memory and improving fine motor skills, hand-eye coordination, and muscle control—essential for writing. To reinforce this, a fun activity was conducted for Prep II students, where they drew pictures related to given Hindi *vyanjans*. This creative approach made learning enjoyable while strengthening letter recognition and boosting motivation through art and imagination.



ASSEMBLY

Doctor's Day

On the occasion of Doctor's Day, the young learners of the Preprimary section at Amanora School came together to honour the real heroes who keep us healthy—our doctors! A special assembly was held on Tuesday, 1st July 2025, where Prep I students enthusiastically dressed up as doctors, nurses, and patients.



They learned about the role of doctors, the tools they use, and how they help people feel better. As a special guest, Dr. Ruchi Deshmukh, a dentist, interacted with the children and shared simple and useful dental care tips.

Through rhymes, role play, and storytelling, the students expressed their gratitude and appreciation. It was a joyful and meaningful celebration that taught them the values of care, kindness, and good health.

Ashadhi Ekadashi

Ashadhi Ekadashi was joyfully celebrated by the Preprimary section of Amanora School on Friday, 4th July 2025, to help children connect with India's cultural and spiritual heritage.

Nursery students, dressed in colourful traditional attire, brought the Palkhi tradition to life with cheerful dance performances. Teachers shared stories about the festival's

ASSEMBLY

significance, while chants of "Vitthal Vitthal Jai Hari Vitthal" filled the air.

The celebration was a joyful blend of devotion and learning, leaving children with a deeper appreciation for Indian traditions.

Events

Blue Day

The Preprimary section of Amanora School joyfully celebrated Blue Day on Friday, 11th July 2025, to spark creativity and imagination in our young learners. Dressed in their favourite shades of blue, both children and teachers came together to explore the beauty and meaning of this calming colour.

Children learned that blue symbolizes calmness, strength, and happiness. Each grade added a creative touch to the celebration—Nursery students made lovely wristbands, Prep I created cheerful dolphins, and Prep II crafted vibrant paper octopuses. It was a fun-filled day of colour, creativity, and joyful learning—an experience that left lasting smiles and memories!

Parent Orientation - Enhancing Reading and Motor Skills - Nursery

An insightful orientation for Nursery parents was held on Saturday, 12th July 2025, focusing on early reading and language development. The session highlighted how children begin reading through listening, recognising sounds, and engaging with environmental print, rather



Events

than memorisation. Parents were also guided on the importance of sight learning and motor skills, along with simple ways to support these at home. The session reflected a shared commitment to nurturing confident, happy learners from the very beginning.

Parent Orientation - Early Reading Focus - Prep I

An interactive orientation for Prep I parents on Saturday, 12th July 2025, highlighting the importance of early reading in building language and thinking skills. Key pillars like phonics, fluency, and comprehension were demonstrated through simple activities.

Parents received practical tips—such as daily read-alouds and creating cosy reading spaces—to support reading at home. The session reinforced how a strong home-school partnership can make early learning joyful and effective.

Parent Orientation - Reading Enhancement - Prep II

Reading is the cornerstone of learning, and to strengthen this foundation, an orientation session was held on Saturday, 12th July 2025, for the parents of Prep II students. The session focused on essential early reading concepts such as CVC words, the magic 'e' rule, hard and soft letter sounds, and long and short vowel sounds. These were explained through simple examples to help parents understand how reading skills are introduced and developed in the classroom. Parents were also given practical suggestions to build a strong reading habit at home and make it an enjoyable daily routine. The session highlighted the importance of consistent support from both



Events

school and home in nurturing confident, fluent, and motivated young readers.

Rain Walk

The monsoon showers brought giggles, excitement, and pure joy for our little learners! From 14th to 18th July 2025, the Rain Walk turned into a week-long celebration of the monsoon season.

Dressed in colourful raincoats and carrying bright umbrellas, our Preprimary students splashed through puddles, jumped into the mud, and felt the drizzle on their faces—experiencing the rain in its most delightful form.

Beyond the fun, the activity helped children learn about the monsoon, water safety, and their connection with nature. At Amanora School, we believe every season brings new opportunities to explore, imagine, and grow—and this rainy week became a joyful classroom under the clouds!

Drawing and Colouring Competition

The Drawing and Colouring Competition, held on Friday, 25th July 2025, was a delightful celebration of creativity and imagination across the Preprimary grades.

Nursery and Prep I students participated in the Colouring Competition. Nursery children joyfully coloured the theme “My Home”, filling their pages with bright houses, gardens, and windows using neat, enthusiastic strokes. Prep I students brought the “Garden Scene” to life with colourful illustrations of flowers, butterflies, trees, and sunshine.



Events

Prep II students took part in both Drawing and Colouring, exploring the theme “Under the Sea.” Their artwork showcased vibrant underwater scenes with fish, seaweed, shells, and marine life—reflecting creativity and attention to detail.

The event offered a joyful platform for artistic expression while nurturing focus, fine motor skills, and confidence in each child’s creative journey.



SCHOOL EVENTS

Investiture Ceremony

On 26th July, Amanora School celebrated a momentous occasion with its Investiture Ceremony and Academic Felicitation for Grades XII and X, along with the ASE Awards for Grade IX at The Ferns, Amanora Park Town.

The event was graced by Colonel Amitava Kundu, a decorated officer known for his inspiring service, and Mr. J. K. Bhosale, COO, City Corporation Ltd.



The ceremony began with the school prayer, state song, and lamp lighting, setting a solemn and celebratory tone. The newly elected student council received their badges from Colonel Kundu and Director-Principal Meera Ma’am.

Adishree Dubey and Aarya Kulkarni were named Senior School Captain and Vice-Captain, while Prithviraj Nair and Adwik Dubey took charge of the Junior School.

Celebrating Young Achievers!

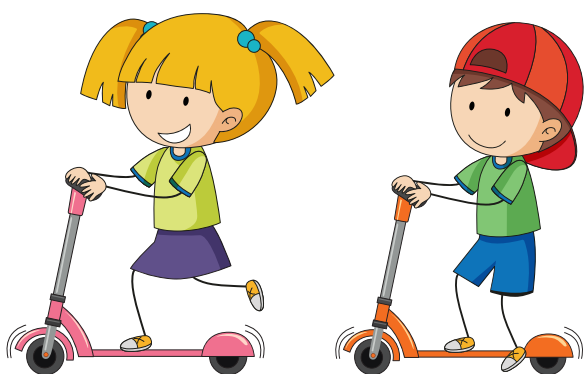
The ASE Awards 2025 (Awards for Student Excellence) for Grades V to IX were held on Saturday, 26th July 2025, at The Fern, Amanora – Pune. The event recognised students for outstanding achievements in academics and co-curricular areas.

Awards were given across categories such as Star Achiever, Super Achiever, Super Scientist, Math Master, Sporty Soul, Astounding Artist, and Super Star—each highlighting a different facet of student excellence.

Events

A total of 86 students from Grade V, 94 from Grade VI, 109 from Grade VII, 123 from Grade VIII, and 69 from Grade IX were felicitated. Among them, 29 Super Achievers were specially recognised for scoring 90% or above in all five core subjects throughout the academic year—a remarkable accomplishment!

Presented by Director-Principal Meera Ma'am, the ceremony was filled with joy and pride. Applause echoed as parents celebrated their children's achievements. The ASE Awards continue to inspire students to aim higher, celebrate effort, and value excellence in every form.



Health, Safety and Child Protection (HSCP) Practices



Health, Safety and Well-being Highlights - July 2025

Amanora School dedicated the month of July 2025 to strengthening student health, safety, and awareness through a series of impactful sessions and activities.

On 1st July, Amanora School celebrated Doctor's Day with an expert talk for Grades VII and VIII. Ms. Vinisha Chawla, a gold medalist in Physiology and Pathology, and Ms. Abhaya Satav, a third-year medical student at Bharti Vidyapeeth, led the session. Topics included hygiene, outdoor activity, and balanced diets. The engaging "Sui-Man" handwashing demonstration was a highlight.

A dental check-up camp for Grades IX and X was held on 3rd and 4th July, conducted by Mootha Dental Clinic. Students received thorough oral assessments and tips on brushing, flossing, and dental-friendly diets. The team's calm, friendly approach was appreciated by all.

On 6th July, a POCSO awareness session for teachers was conducted by Ms. Chitra Iyer, an experienced trainer. The session covered definitions of abuse, mandatory reporting, and safeguarding protocols, with interactive discussions and case studies to reinforce best practices.

A Fire Safety Drill was conducted on 7th July, involving 3539 people. The evacuation was completed in 8 minutes and 45 seconds, reinforcing emergency preparedness through coordinated action and post-drill reflections.

The Transport Committee Meeting was held on 10th July, led by Mr. Mukesh Satpute. Key updates were shared by Mr. Ramesh Kumar (fleet & GPS upgrades), Ms. Meera Nair (student-led safety ideas), and Ms. Seema Garg (training & drills). Mr. Vinayak Koparde addressed traffic-related challenges. Parent representatives Mr. Sandeep Nair and Mr. Sarang Kekale offered feedback, while Ms. Sheetal Patil (Asst. RTO Inspector) and Mr. Shivaji Mane

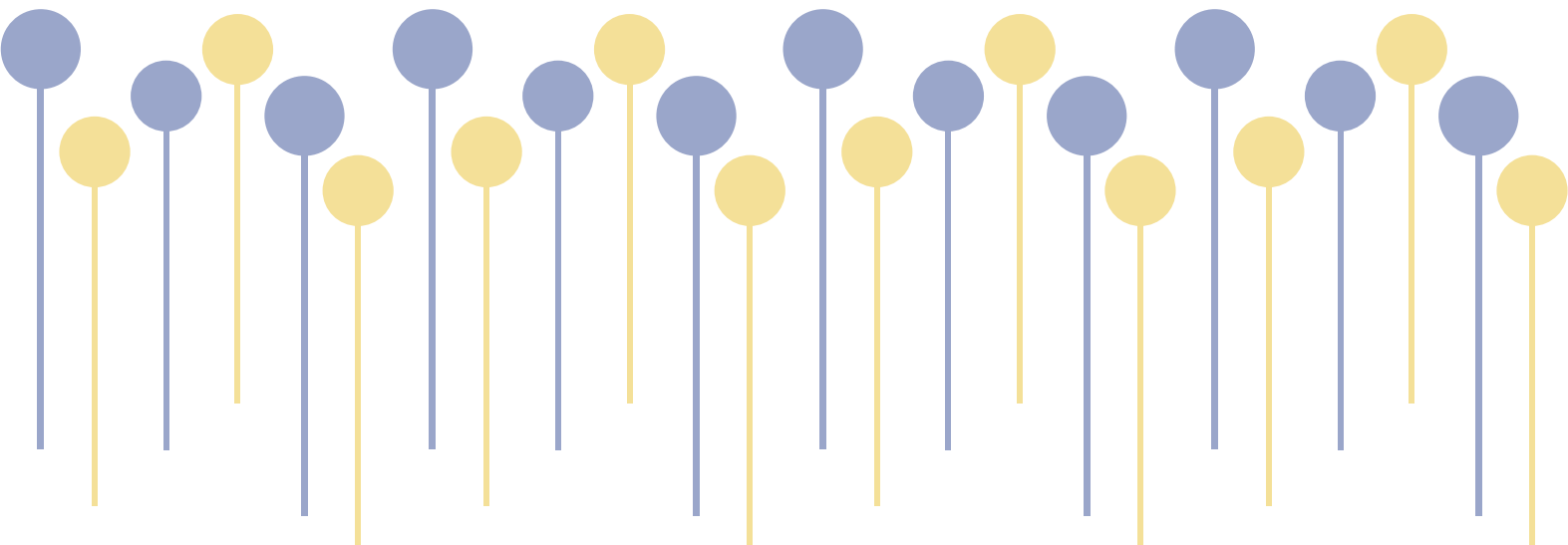
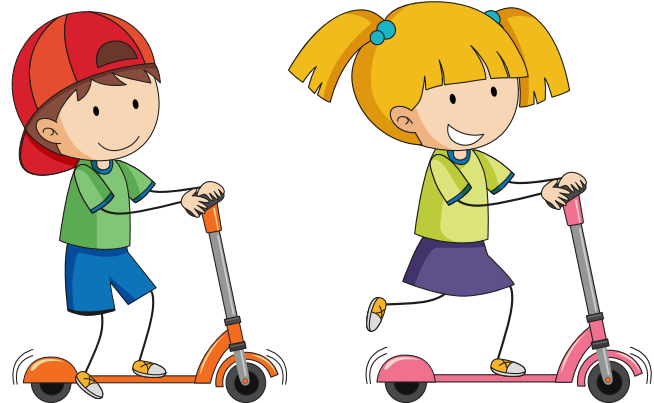
Health, Safety and Child Protection (HSCP) Practices

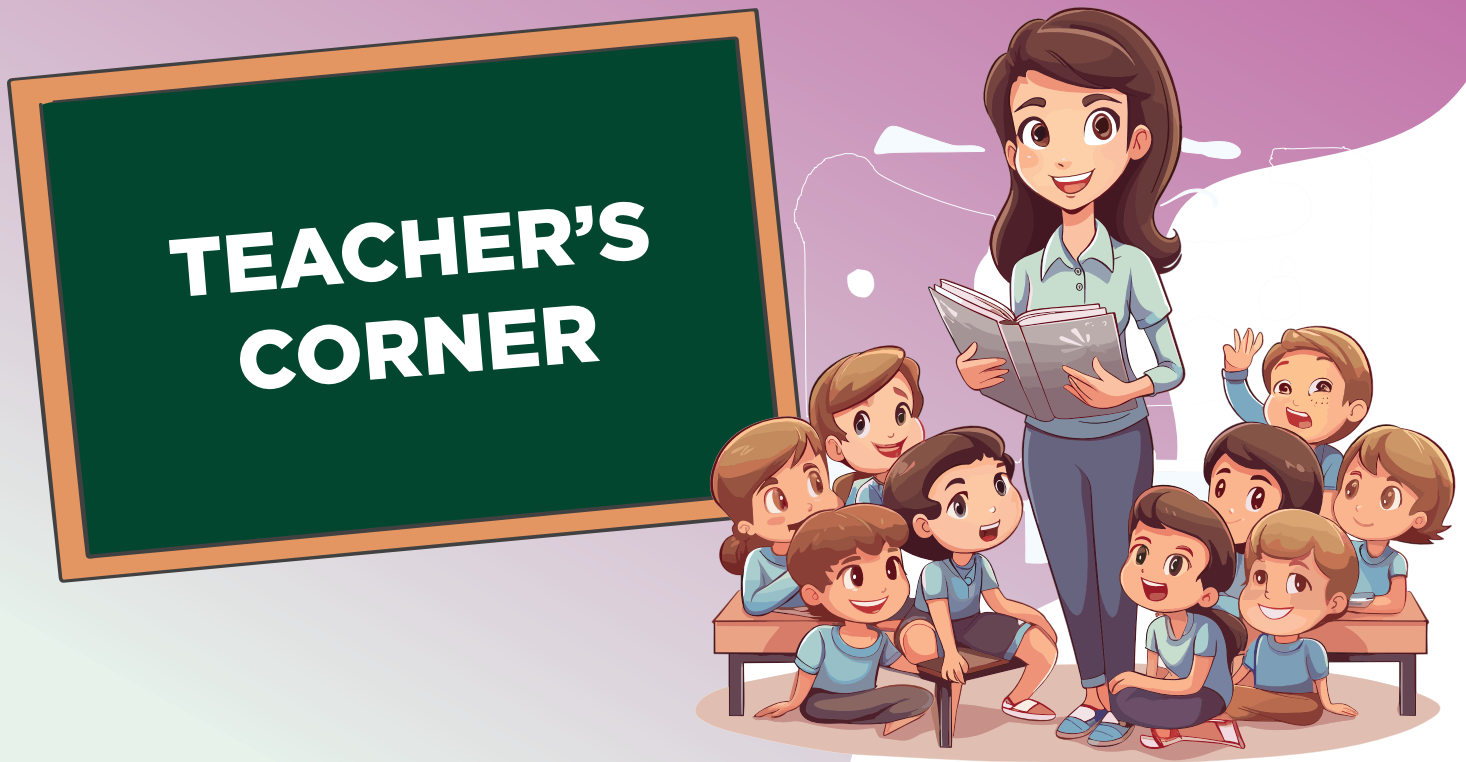


(PSI) shared safety directives and conducted audits. The meeting concluded with collaborative action steps for enhancing transport safety and communication.

On 22nd July, boys from Grade VII and VIII attended a session on Puberty, led by counselling psychologist Ms. Palak Modi. It addressed physical and emotional changes, hygiene, and mutual respect, with open discussions helping ease confusion around adolescence.

Through these initiatives, Amanora School reaffirmed its commitment to student well-being, safety, and holistic development.





Wellness and Mindfulness

Well-being means feeling good in our body, heart, and mind. When we are healthy, happy, and calm, we are ready to learn, play, and grow every day. Taking care of our well-being helps us enjoy school, make friends, and try new things with confidence.

We can take care of our bodies by eating healthy food, drinking water, playing outside, and getting plenty of sleep. We care for our feelings by talking about them, being kind to others, and taking quiet moments to breathe and relax.

One way we help our minds and hearts feel calm is by practicing mindfulness. That means stopping for a moment, breathing slowly, and paying attention to how we feel right now. It helps us feel peaceful and makes it easier to understand our thoughts and emotions.

At school, we learn that being healthy isn't just about our body—it's about our mind and heart too. When we take care of all three, we feel happy, focused, and ready for anything!

**- Ms. Manorama Mishra,
Teacher Preprimary**

Upcoming Events

- Rakshabandhan Celebration
- Independence Day Celebration
- Colours of Freedom
- Janmashtami Celebration
- Tirangaa 2025
- Ganeshotsav

