



**AMANORA
SCHOOL**

MANAGED BY



SCHOOL
Connect **July 2025**
Grades I to V



From the Principal's Desk

"Wellness and Mindfulness - Mental and physical health, tips on staying healthy"

"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. Neha Khan - Coordinator - Grades I & II

Ms. Pallavi Shukla - Coordinator - Grades III to V

Ms. Deepali Jain - Teacher Lead - Grade V

Quote of the month

“Every time we ponder a thought, act on an impulse, or dwell on a desire, we are setting in motion a cause that will have a future effect. Mindfulness enables us to choose wisely.”

- Tamara Levitt

Every time we think about something, do something suddenly, or really want something, we are starting a chain of events that will lead to some result in the future.

That means our thoughts, actions, and feelings have consequences.

Mindfulness— which means being calm, aware, and careful about what we think or do—helps us make better choices. Instead of rushing or reacting without thinking, we can pause, reflect, and decide what’s best.

In short, being mindful helps us shape a better future by making smart choices today.



Coordinator's Speak



"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 hectic routines and increased 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, regular physical activity, and feeling emotionally secure. At school, we strive to make these a part of everyday 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, regulate 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 our children's overall well-being. 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,
Coordinator - Preprimary**

CCA Activities

Expressions of Love and Imagination: A Creative Celebration

In a heartwarming display of affection and creativity, the young learners of Grade I joyfully engaged in a special activity dedicated to their beloved mothers. Using colourful stickers, delicate ribbons, and vibrant sheets of paper, the students crafted beautiful, handmade badges—each one unique and filled with love.

What made this celebration truly special was the pure, uninhibited imagination each child brought to their creation. From sparkly designs to thoughtful little messages, their work reflected the depth of their emotions and the innocence of their expressions. The classroom buzzed with laughter, bright colours, and the gentle hum of focused creativity.

More than just an art activity, it was a celebration of love, gratitude, and growing self-expression. As tiny hands worked with care and hearts swelled with pride, the badges became not just tokens of appreciation—but symbols of the powerful bond between a child and their mother.

Wild Wonders: Animal Face Mask Making Competition

As part of the Co-curricular activities, an exciting Animal Face Mask Making Competition was held for the enthusiastic students of Grade II. Designed to ignite creativity and imagination, the event saw young minds joyfully transform everyday craft materials into vibrant animal masks—from roaring lions to buzzing bees and everything in between.



CCA Activities

The activity was more than just artistic fun; it offered a rich blend of hands-on learning, enhancing fine motor skills, encouraging self-expression, and fostering awareness about the fascinating world of wildlife. The colourful creations and cheerful faces reflected the spirit of exploration, creativity, and joyful learning.

Honouring Our Heroes: A Creative Tribute on Kargil Vijay Diwas

"Courage doesn't need a cape. Just a uniform."

To mark the solemn and proud occasion of Kargil Vijay Diwas, students of Grades III, IV, & V united in a heartfelt tribute to the valour and sacrifices of our brave soldiers.

Grade III students expressed their patriotism through moving recitations of patriotic poems and soulful renditions of songs that echoed gratitude, national pride, and deep respect for the Armed Forces.

Meanwhile, students of Grades IV & V showcased their creativity and reverence by participating in a vibrant Badge-Making Competition. Using scrapbook paper, colours, and immense imagination, each child designed a unique badge that stood as a symbol of honour and appreciation for the Indian Armed Forces.

These Co-Curricular Activities served not only as platforms for creative expression but also as meaningful lessons in patriotism, courage, and national pride. Through music, poetry, and art, the students beautifully celebrated the spirit of Kargil Vijay Diwas, honouring the heroes who continue to inspire the nation.



Assemblies at a Glance

World Nature Conservation Day

Students of Grade I presented the assembly which showcased a beautiful story that helped students understand how important it is to protect our environment, natural resources, and wildlife. On this day, people across the world come together to promise that we will care for our planet, reduce pollution, and save water, trees, and animals.

The assembly served as an enriching experience, allowing students to understand that we proudly call ourselves Green Guardians - the protectors of nature. We understand that even small actions like planting trees, saying no to plastic and saving electricity can make a big difference. Students of Grade V conducted a thoughtful assembly on World Nature Conservation Day, featuring a lively skit that highlighted the importance of protecting nature and conserving resources.

The assembly concluded with a powerful Nature Pledge, where students promised to care for the environment, avoid plastic, and keep their surroundings clean.

The class teacher closed the program with a heartfelt speech, reminding everyone that *"We do not inherit the Earth from our ancestors; we borrow it from our children,"* and encouraged all to take this responsibility seriously.

Doctor's Day – Saluting the Heroes in White Coats

"Your healing hands and caring heart make a difference every day."

To honour the unwavering dedication,



Assemblies at a Glance

compassion, and courage of doctors, the students of Grades I 'C' & V 'B' presented meaningful assemblies on the occasion of National Doctor's Day, centred around the theme "Healing Hands."

Grade I 'C' delivered a touching tribute through heartfelt poems, expressive dialogues, and a soulful song, celebrating the noble role of doctors who heal, comfort, and offer hope. The young learners conveyed immense gratitude to these real-life heroes, while also gaining a deeper understanding of their invaluable contribution to society.

Grade V 'B' assembly focused on both celebration and awareness. A student's speech shed light on the life and legacy of Dr. Bidhan Chandra Roy, in whose memory the day is observed. The highlight of the presentation was an impactful skit on "Diabetes in Children," which emphasized early symptoms, the importance of healthy eating habits, regular exercise, and timely medical check-ups.

Adding depth to the awareness initiative, the teacher addressed the CBSE-recommended 'Sugar Board' program, aimed at educating students about the dangers of excessive sugar consumption through seminars and workshops. The growing incidence of Type 2 diabetes in children—once considered an adult condition—was discussed with concern, urging students to adopt a healthy and balanced lifestyle.

Together, both assemblies served not only as a tribute to the heroes in white coats but also as a powerful educational experience, instilling gratitude, awareness, and empathy among students.



Assemblies at a Glance

Save Our Tigers, Save the Planet

To mark *International Tiger Day*, the enthusiastic students of Grade II 'D' delivered a vibrant and meaningful assembly focused on the theme of tiger conservation. Through a powerful thought for the day, a compelling skit, an energetic dance performance, and impactful slogans, the young performers highlighted the urgent need to protect our national animal.

Their key message — “*Roar for Tigers*” — resonated with the audience, inspiring everyone to take small but significant steps toward building a greener and safer planet.



National Flag Day – Our Flag, Our Pride, Our Identity

“The tricolour is not just a piece of cloth — it is the soul of our nation, a symbol of our unity, pride, and sacrifice.”

On the occasion of National Flag Day, the spirited students of **Grade III 'F'** came together to honour the glory of the Indian National Flag with a moving assembly. The presentation featured inspiring thoughts, current news highlights, and a themed skit titled “*Tirange Ka Sandesh*” that beautifully conveyed the values of courage, peace, growth, and national responsibility.

A vibrant dance performance added a festive spirit to the celebration. The assembly served as a touching tribute to the Tiranga—our pride, our identity, and our shared legacy.



Activities

Virtual Space Journey: A Celestial Learning Adventure - Grade I & II

A captivating *Virtual Space Journey* was organized on the school campus for the curious learners of Grade I & II, offering them a one-of-a-kind educational experience. Hosted inside the Ark Mobile Planetarium, this immersive field trip transported students beyond the Earth's atmosphere into the fascinating world of space.

Through engaging visuals and interactive storytelling, students explored the solar system, learned about moon phases, and identified constellations, sparking wonder and curiosity. This hands-on journey not only enhanced their understanding of space concepts but also supported memory retention, critical thinking, and active engagement.

The young explorers were truly mesmerized by the experience—learning, imagining, and dreaming among the stars.

Movie Excursion – A Perfect Blend of Learning and Fun!

Amanora School organized a delightful three-day *Movie Excursion* in collaboration with Cinépolis, Seasons Mall, offering students a memorable experience that combined entertainment with meaningful learning.

On 21st July, the cheerful students of Grade III enjoyed *Paddington in Peru*—a heartwarming tale that celebrated kindness, courage, and the strength of family bonds.

Following this, on 22nd & 23rd July, students of Grade IV & V were enthralled by *How to Train Your Dragon*, a visually stunning film that beautifully conveyed themes of friendship, acceptance, and embracing differences.



Activities

Beyond the fun and excitement, both films delivered important life lessons—promoting values such as empathy, teamwork, and respect for others. The excursion also nurtured imagination, observation, and social skills in a relaxed and enjoyable setting.

Teachers accompanied the students throughout, ensuring their safety, comfort, and supervision, making the entire outing smooth and stress-free.

The experience left students inspired, joyful, and full of cherished memories—a perfect example of how learning can be both meaningful and magical outside the classroom.

A Magical Escape – Sparking Wonder and Joy

"The world is full of magical things, patiently waiting for our senses to grow sharper."

– W. B. Yeats

To provide a refreshing break from exam stress and lift students' spirits, Amanora School organized a mesmerizing magic show for students of Grades III to V, featuring the renowned magician Mr. Jitendra Raghuvir.

With his dazzling illusions, mind-bending tricks, and captivating stage presence, Mr. Raghuvir transported the young audience into a world of wonder and awe. The show had students wide-eyed and spellbound, as each act unfolded with surprise and delight. More than just entertainment, the event sparked joy, curiosity, and imagination, offering a reminder that magic isn't just on stage—but in the way we see and engage with the world around us.

It was a truly enchanting experience that left hearts lighter, smiles brighter, and minds inspired.



Math Lab Activities

"Math is not just numbers, it's an experience!"

From stories and dice rolls to palindromes and sports heroes, students across Grades I to V enjoyed math in creative and meaningful ways!

Hungry Alligator Says "Give Me the Bigger Number" - Grade I

To make number comparison fun, Grade I students enjoyed the "Hungry Alligator Activity." Using cut-outs shaped like an alligator's mouth, they compared numbers with $>$, $<$, and $=$ symbols, learning that "The alligator eats the greater number!" A simple story and hands-on tools made this concept exciting and easy to understand.



Rolling into 3-Digit Number Fun - Grade II

Grade II students explored 3-digit numbers by rolling dice and forming numbers. They practised place value, number comparison, and ordering, making math playful and interactive while working in pairs.



The Palindrome Express: Adding Fun to Numbers Grade IV

Grade IV students created colorful train coaches to explore palindromes—numbers that read the same forward and backward. Using addition sums like $121 + 242 = 363$, they learned about number patterns and symmetry in a creative, engaging way.



Math Lab Activities

Numbers Meet Inspiration - Math with Sports Stars - Grade V

Grade V students linked math to real-life by researching Indian sports icons and using their data to form math facts. They applied all four operations and presented their work on vibrant charts, making learning both meaningful and relatable.

Innovation Lab Activity

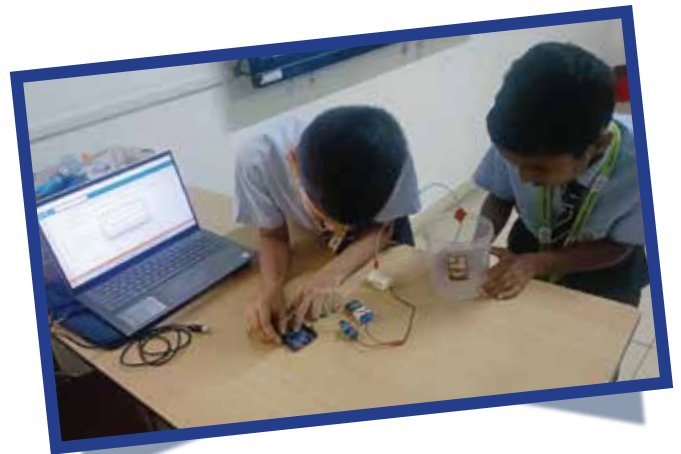
Exploring Relays and Automation

Innovation is the ability to see change as an opportunity, not a threat.

Innovation Labs offer students a space for hands-on learning, creative problem-solving, and the development of future-ready skills by providing access to advanced tools and technologies.

In this session, students of Grade V explored the concept of automation through an engaging activity using relays—a special type of switch that operates electrically rather than manually. Students learned how relays can be used to control devices like motors or water pumps, similar to how machines work in real-world applications.

By completing a simple circuit, the relay allowed electricity to flow to the motor, making the pump run. This hands-on experience helped students understand how machines can be controlled automatically. They also discussed real-world applications, such as how water pumps or fans in smart systems can be activated using sensors and relays.



Innovation Lab Activity

The activity sparked curiosity and encouraged students to think critically about automation in everyday life.

The Global Adventure

Students of Grade III embarked on an exciting global adventure as they explored the world using a globe. They identified various countries, continents, and oceans, sparking curiosity and enhancing their geographical awareness. Each student took a turn spinning the globe, selecting a place, and confidently sharing its name with the class.

This hands-on activity not only helped students develop the skill of reading a globe but also deepened their understanding of the Earth's physical layout. It was a joyful and enriching learning experience that brought the world closer to their fingertips.



Club Activities

Brain Teaser Club – Where Young Minds Sparkle with Ideas

Brain teasers are powerful tools that encourage students to think beyond the obvious and explore creative solutions. At Amanora School, the Brain Teaser Club for Grade I students is designed to do just that—ignite young minds and make thinking fun!

Students engaged in a variety of stimulating activities, including riddles, puzzles, and creative problem-solving tasks that nurtured their logical reasoning, critical thinking, and ability to approach challenges from different angles.

These interactive sessions not only made learning enjoyable but also fostered teamwork, communication, and intellectual curiosity. Through every challenge, students learned that there's often more than one way to solve a problem—and that thinking differently is something to celebrate.

The Brain Teaser Club continues to be a space where young thinkers grow confident, curious, and excited about learning.

Young Scientist Club – Exploring Science Through Hands-On Learning

Students of Grades III, IV, and V took their curiosity beyond the classroom through engaging, hands-on experiences as part of the Young Scientist Club.

Grade IV students explored the school's science laboratories, where they observed instruments, studied preserved specimens, and learned about real-world scientific applications. Their excitement, thoughtful



Club Activities

questions, and active participation reflected a growing scientific mindset.

Grade V students visited the Chemistry Lab for an experiment on acids and bases using everyday items like lemon, tomato, and shampoo. Testing with litmus paper, they learned how common foods and substances affect pH balance, linking science directly to health and nutrition.

Grade III students discovered the wonder of refraction through a fascinating light-bending experiment. Watching light change direction through different mediums turned abstract science into a magical, memorable learning moment.

These enriching activities nurtured scientific thinking, observation, and discovery—bringing the joy of learning to life.



Food and Nutrition Club – Little Chefs Stirring Up Health & Happiness

At Amanora School, the Food, Nutrition, and Cooking Club is turning young learners into confident little chefs! Students of Grade III & IV recently engaged in exciting hands-on cooking sessions that blended nutrition, creativity, and teamwork.



Wholesome Creations with a Healthy Twist Grade III

Our Grade III students explored the world of nutritious ingredients while preparing:

- **Peanut Jaggery Laddu:** A protein-packed energy ball sweetened naturally with jaggery.
- **Potato Corn Cheese Sandwich:** A colourful, fiber-rich snack that introduced concepts of balanced eating.
- **Corn Chaat:** A crunchy, tangy, and nutrient-dense treat full of flavour.



Club Activities

Through these delicious recipes, students gained more than just cooking experience—they developed life skills, learned the importance of healthy food choices, and strengthened teamwork and hygiene habits.

Sandwich Making Fun Grade IV

"Cooking with love provides food for the soul."

Grade IV students enthusiastically participated in a Sandwich Making Activity using simple ingredients like bread, boiled potatoes, cheese, and ketchup. The session encouraged creativity, independence, and collaboration, as students worked together, shared ingredients, and followed safe food practices.

This enjoyable experience not only introduced basic culinary skills but also fostered an appreciation for homemade, nutritious food—proving that learning can be both fun and flavourful.



Language Activities

Express, Explore, Engage The Power of Language Unleashed

Students across the grades explored language through creative and meaningful activities that combined expression, collaboration, and joy.

Grammar Walk – Bringing Language to Life

Grammar came alive in the most delightful way as Grade II students embarked on a unique learning journey around the school—with a twist!

As they walked through corridors and classrooms, their teacher narrated real-time scenes using present tense sentences like “The gardener waters the plants” and “The children play in the ground.” Around 10-15 such observations were shared aloud, encouraging students to listen carefully, observe attentively, and connect language with real-life actions.

Back in the classroom, the learning continued. The teacher wrote five of the previously shared sentences on the board in present tense, and students were challenged to recall the scenes and convert them into past tense.

This engaging activity turned a simple school walk into a dynamic grammar lesson, reinforcing the concept of tenses while sharpening observation, recall, and writing skills. A perfect example of how experiential learning can make grammar meaningful, memorable, and fun!

Collage Making – Celebrating Friendship Through Art

“Wherever we are, it is our friends that make our world.”



Language Activities

In a heartwarming activity titled "Memories with Friends," students of Grade V celebrated the joy of friendship through collage making. Using photographs, drawings, and meaningful quotes brought from home, they created visual tributes to their cherished bonds.

The classroom buzzed with laughter and storytelling as students collaborated, shared personal moments, and penned touching lines about what friendship means to them. This thoughtful activity beautifully combined creativity with emotional expression, while fostering a sense of teamwork, gratitude, and connection. It was a joyful reminder that friendships are not only lived—but also celebrated through memories.



Yardstick Activities

Students enthusiastically participated in hands-on Yardstick activities which enable experiential learning and facilitate long term retention of knowledge.

Parts of a Plant

Our young botanists from Grade II brought their science lesson to life with the "Parts of a Plant" Yardstick activity. Using colourful cut-outs of roots, stems, leaves, flowers, and fruits, students assembled their own plant models. This tactile experience helped them understand the structure and function of each part. Working both individually and in teams, they reinforced key concepts while developing fine motor skills, critical thinking, and a love for learning.



Life Cycles of Animals – Watching Nature Unfold

"Every life has a beautiful cycle – watch it unfold!"



Yardstick Activities

Students of Grade IV enthusiastically delved into the fascinating world of animal life cycles through a hands-on Yardstick activity. Focusing on the frog, butterfly, and cockroach, the session highlighted the different types of metamorphosis, helping students observe how living beings grow and change across various stages.

Through interactive models and creative exploration, learners not only grasped scientific concepts but also engaged their imagination and curiosity. The activity beautifully blended science and creativity, making the learning experience both fun and meaningful for every budding biologist in the room.



Understanding the Human Body – Organ Systems in Action

"Learning about the body is the first step to caring for it."

Grade IV students embarked on an exciting scientific journey through a Yardstick activity focused on the human body's vital organ systems. Exploring the circulatory, excretory, and nervous systems, students used well-labelled diagrams and creative illustrations to bring internal anatomy to life.

Each yardstick became a vibrant visual model, helping learners grasp the structure and function of organs in an engaging, hands-on manner. The activity not only deepened their scientific understanding but also sparked curiosity about how their own bodies work—laying the foundation for lifelong health awareness.



Yardstick Activities

Building a Food Chain – Discovering Nature’s Balance

Grade III students dived into the fascinating world of ecosystems through an engaging Yardstick activity titled “Building a Food Chain.” With colourful cut-outs of plants and animals, each child constructed their own food chain, identifying the roles of producers, consumers, and decomposers.

Bringing the concept to life, students even acted out predator-prey relationships, gaining a deeper understanding of how energy flows through nature. The hands-on experience not only enriched their knowledge of food chains but also emphasized the importance of every organism in maintaining ecological balance.



Exploring the Human Skeletal System - A Hands-On Science Experience

Grade V students delved into the wonders of the human skeletal system through an exciting Yardstick Science activity. The highlight of the session was a hands-on skeleton assembly, where students built and labelled key bones of the body.

This interactive approach helped learners visualize the structure and function of the skeleton, reinforcing their understanding of human anatomy. The activity sparked curiosity, encouraged inquiry-based learning, and laid a strong foundation for developing science-savvy and confident young minds.



Events

Investiture Ceremony

Amanora School Honours Leadership and Academic Brilliance

On 26th July, Amanora School hosted its Investiture Ceremony and Academic Felicitation for Grades X, XII, and IX at The Ferns, Amanora Park Town.

The event was graced by Colonel Amitava Kundu, a distinguished Army officer, and Mr. J. K. Bhosale, Chief Operations Officer, City Corporation Ltd.

The ceremony began with the school prayer, state song, and traditional lamp lighting. A major highlight was the induction of 35 student leaders into the newly elected Student Council, including Adishree Dubey as Senior School Captain and Aarya Kulkarni as Vice-Captain. The symbolic flag handover and oath-taking, led by Director-Principal Meera Ma'am, marked a proud moment of commitment and responsibility.

The celebration continued with the Felicitation of Academic Excellence, where board toppers from Grades X and XII and ASE awardees from Grade IX were honoured for their dedication and achievement.

The event stood as a proud testament to leadership, discipline, and academic excellence at Amanora School.

ASE 2025 – Awards for Student Excellence

Celebrating Young Achievers!

When hard work meets recognition, magic happens! The ASE Awards 2025 was one such magical celebration.

The ASE (Awards for Student Excellence) ceremony for Grades V to IX was held on



Events

Saturday, 26th July 2025 at The Fern, Amanora - Pune.

Students were recognised and awarded for their outstanding achievements in both academic and co-curricular domains. Awards were presented across various categories including Star Achiever, Super Achiever, Super Scientist, Math Master, Sporty Soul, Astounding Artist, and Super Star. It was a vibrant showcase of talent, dedication, and the spirit of excellence.

A total of 86 students from Grade V, 94 students from Grade VI, 109 students from Grade VII, 123 students from Grade VIII, and 69 students from Grade IX were felicitated for their exceptional performance in the academic year 2024-25. Among them, 29 Super Achievers were celebrated for securing 90% or above in all five core subjects throughout the year - a truly commendable feat!

This success story would be incomplete without acknowledging the relentless efforts and guidance of our dedicated teachers, who work tirelessly to bring out the best in every learner.

The ambience was festive and inspiring, with joy, pride, and applause filling the air. Parents, seated as proud members of the audience, were visibly elated as they witnessed their children being honoured. Claps echoed throughout the venue, amplifying the celebratory spirit.

The awards were presented by our respected Director-Principal, adding to the pride and motivation of the students. The overall mood of the event was one of admiration, encouragement, and a shared commitment to nurturing excellence in every child.





Wellness and Mindfulness – Mental and Physical Health

In today's fast-paced world, teaching children the importance of wellness and mindfulness is more vital than ever. At school, we are helping our students understand that true health means caring for both the body and the mind. Through simple mindfulness activities like breathing exercises, gratitude journaling, and quiet reflection, students are learning how to manage their emotions, stay focused, and reduce stress.

We also encourage healthy physical habits such as staying active, eating balanced meals, drinking water, and getting enough rest. These small daily practices go a long way in building a strong foundation for lifelong well-being.

By creating a calm and supportive classroom environment, we aim to help students feel safe, valued, and ready to learn. Wellness and mindfulness are not just short-term goals—they are essential life skills. Together, with your support at home, we can guide our children toward a healthier, happier future. Let's continue to remind them: a healthy mind and body go hand in hand.

- Ms. Kavita Karwar,
Class Teacher - Grade V 'C'

In today's busy world, staying healthy means caring for both your body and your mind. Some tips that will keep our body both physically and mentally fit are given below.

For Physical Fitness - Daily exercise keeps muscles and bones strong. Even a brisk 30-minute walk or simple home workouts can improve heart health and energy levels.

**- Ira Tandon,
Grade V 'E'**





PARENT'S CORNER

Wellness & Mindfulness: A path to Inner Balance & Peace

Mindfulness is the practice of being present in the moment, fully aware of our thoughts, feelings and surroundings without judgment and involving ourselves deeply in whatever we do, wherever we are. Mindfulness is actually being mindless in a situation without letting the mind wander. It encourages a focused mind, helping to reduce emotional reactivity. It allows individuals to respond with clarity and calm, kindness and confidence, while building a strong foundation for mental and emotional health.

Body Wellness comes through building healthy habits of good sleep, balanced food, regular physical activity and meaningful play. Prioritizing Wellness also means making time for exercise, nutrition, rest, and meaningful social connections. Wellness goes beyond just physical health, it includes mental, emotional and spiritual well-being.

Mindfulness and Wellness are essential for maintaining a healthy mind and body to empower us to lead balanced, intentional lives and take us to a path of inner balance. Wellness combined with Mindfulness opens a possibility to awaken new dimension within ourselves, realize the beauty of our existence and improve overall quality of life. By taking just a few moments each day to pause and reconnect, we can nurture inner peace and build resilience for a healthier, happier future.

**- Ms. Prachi Aiyer,
Parent of Poulomi Aiyer, Grade V 'I'**



Achievements

Amanora Students Shine at Verbattle – Verses and Voices

"Speech is power: speech is to persuade, to convert, to compel."

Amanora School students excelled at the Interschool Language Fest **"Verbattle: Verses and Voices"** hosted by Ryan International Academy, Bavdhan, winning top honours in Picture Talk, Storytelling, Poem Recitation, Mono Acting, Debate, and Bhashan Pratiyogita.

Highlights include **Jinisha Gedula** and **Viviksha Joshi** (Grade I) securing **1st** and **2nd** in Picture Talk, **Veera Bangar** winning **2nd** in Action Song, and **Advit Tonger** (Grade II) and **Adhira Suryawanshi** (Grade III) taking **1st** and **2nd** in Storytelling. In Poem Recitation, **Shivansh Sharma** earned **1st** and **Shreya Shewale** took **3rd**.

In the senior categories, **Vanya Shukla** (Grades VI to VII) won **2nd** in Mono Acting, **Vihaan Ketan** (Grades VI to VII) secured **1st** in Debate, and **Anvi Bharodiya** (Grade IX) achieved **2nd** in Bhashan Pratiyogita.

Their achievements reflect Amanora School's commitment to nurturing confident communicators and strong public speakers.

Congratulations to all our participants and winners for their outstanding performances and enthusiastic participation!

Upcoming Events

- Tirangaa 2025
- Independence Day Celebration

