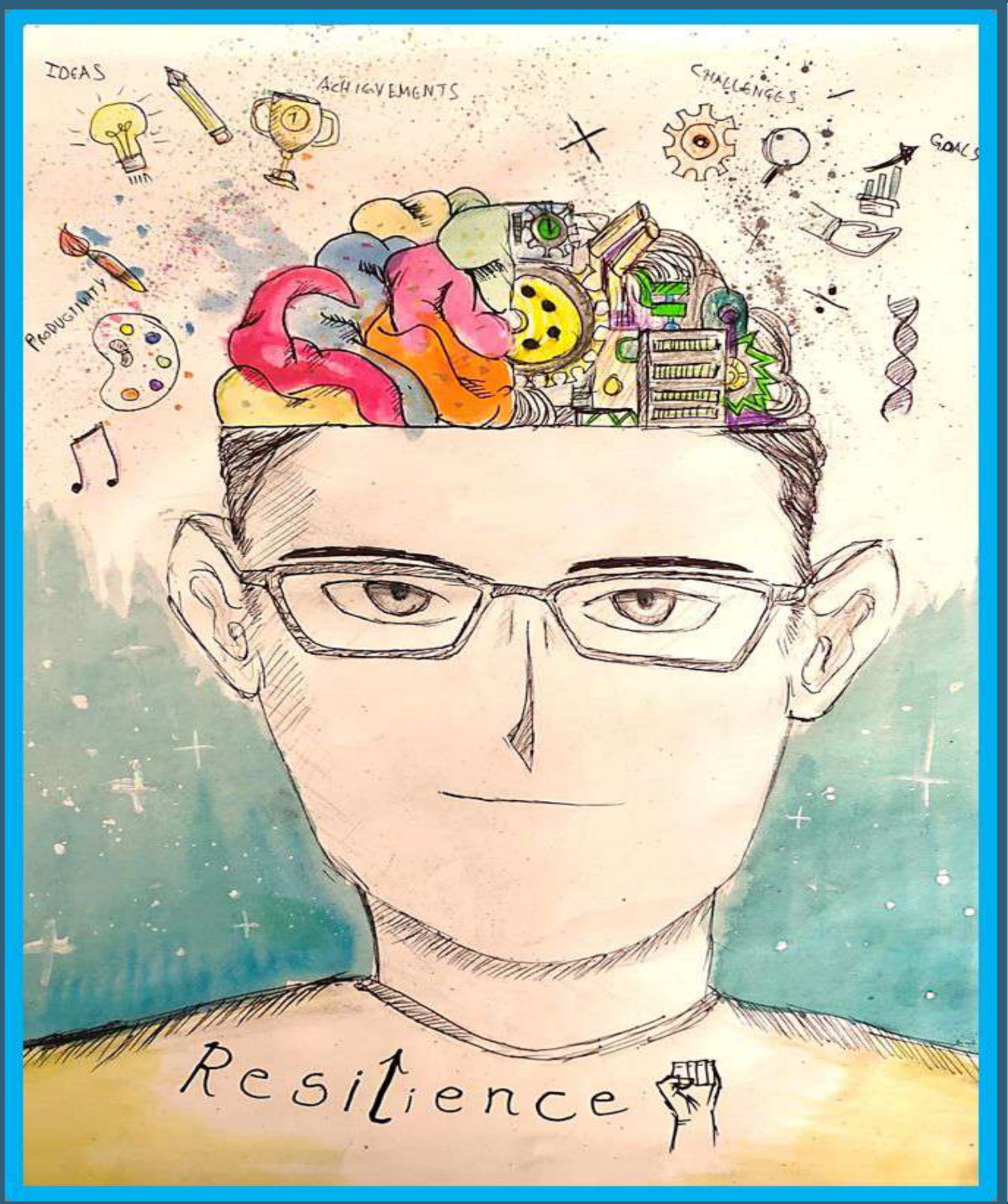
THE SUNITIAN

4TH EDITION . 2022-2023



RESILIENCE

प्रतिरोधक्षमता · समुत्थानशक्ति

Director's message



Mrs. Revathi Srinivasan

There are several traits and characteristics that build our students, our institutions, our people, and our nation. As an educationist for over 25 years, I have realized that 'Resilience' is a trait and quality that can shape our lives in profound ways. It is the ability to bounce back from setbacks, adapt to adversity, and thrive in the face of challenges. In this post pandemic world, knowingly or unknowingly we have all built resilience and incorporated it as a way of life. It equips us with the power to steer through life's ups and downs, enabling us to deal with failures and more importantly with success.

Today's world is changing at a much faster pace than what our older generations have faced. Accepting this and then dealing with it as an inevitable part of growing up and will pave the way for our growth as individuals and as a society. I understand that change is unsettling and frightening for everyone irrespective of their age or socio – economic background. But instead of fearing it, let us all deal with it. Equipping our children to view it as an opportunity, will determine their attitude towards life.

Building resilience to failure and success is going to be of utmost significance in the future of these innocent minds. Resilient individuals will use their failures as stepping stone and understand that setbacks are temporary and like every other thing, will also change. They will use this as motivation to try again, armed with newer insights and knowledge. At the same time, they will also not get complacent after achieving success. They will continue to work on themselves and maintain their position and continue to rise.

Resilience is linked closely to mental well-being. It helps us to identify and manage our feelings and emotions. Anxiety and depression are plaguing are generation and we are unable to recognise this and work towards a happy and healthier mind. Our ability to bounce back from this setback would entail cultivating self-awareness, practicing self-care, and seeking support and professional help when needed. Developing strong relationships with family, friends, and mentors creates a network of support that fosters resilience.

We as parents and educators must provide the emotional guidance, happy environment, exhibit positivity and guide and encourage the ones around us to face adversities. Offering support and care will create a reciprocal cycle of cycle of growth and resilience.
Expecting children naturally to be resilient is imprudent. It is a skill that can be taught, learnt and practiced. Its not something that can be developed in a day or with one conversation. Resilience develops through open conversations with children.

And one very important thing that I must emphasise on is, while I understand that every parent wants to protect their children from the hardships in the world, protecting them from every hard thing does not allow them to develop and practice the skills they need to be resilient or effectively navigate life's challenges. While it might be tempting for parents to help their child with his project or deliver the homework their child left at home, parents should consider, their child will not get a chance to try on their own if they step in every time.

Let them fall, let them make mistakes, let them bare consequences of their actions and words… But let us all be there as their guiding light and encourage them to bounce back!

Remember, when life give you lemons, make lemonade.



Head speak

My dear students and Parents,
We commenced with in-person schooling, in full swing from March 2022. What we noticed was a change! Each student has been a pioneer of change through their efforts and resilience to overcome the challenges and adapt to the new.

The year that has gone past, was fulfilling, and it has been heartening to have all our events participated in large numbers. The playground witnessed athletic triumphs, the stage enabled the performing arts to flourish and myriad other programs ensured that the premises have been full of enthusiastic and motivated students.The year would not have been what it was, without the commitment of all our teachers, non - teaching staff, the help staff and other who have supported us through thick and thin and whose only goal was to help students to excel.

All these, does re-sound of anything else, but resilience.



Mrs. Lakshmi Madhusudan

According to a famous legend, there was once a Scottish King named Robert Bruce who had to flee and hide out in a cave after being temporarily defeated. It was there, in that cave, that he had a life-changing vision.
He saw a spider dangling from a silken thread trying over and over again to weave its web. And each time it fell, it pulled itself up to try once again. King Robert vowed that he too, wouldn't give up until the battle was won.
And that, dear all, is the power of resilience.

No matter what how negative the situation is, we must muster up the ability to bounce back with sheer determination.

Failure is very real, but it is a stop along the journey, not an end destination. Experiencing failure does not make you a failure but makes you strong enough to face the hurdles that stand in the way of your success.

The word ‘IMPOSSIBLE’ itself has the words, “I AM POSSIBLE!” Be a resilient force- each time, every time!



Mentor speak

My dear Teachers and students,
Well known pillars of resilience are energy, Inner drive, flexible thinking, future focus [plan] & strong bond with team [family].
Your energy and flexible thinking help you overcome any stressful or traumatic event. When one keeps Plan B ready with basic Plan A, hurdles, disturbances, can be faced by re-organizing the work. A regular student is never under stress during any examination. A player who has practiced well will be always welcome in the team. Trauma, stress are relative terms. Ego, arrogant nature, overconfidence can increase stress.
A winning team always has a resilient Captain. Resilience may be acquired by practicing following:
focus on your ability , qualities like adaptability, intelligence, a sense of humor, courage, perseverance, resourcefulness, assertiveness, gratitude, etc. Be in touch with friends, loved ones, and other supportive people in your life.



Mrs. Kanchanmala Chabukswar

Try to rise above your ordinary disagreements or interpersonal politics and focus on working towards a common goal.

It can be rewarding and empowering to help other people during hard times.
Cultivate positive emotions like gratitude, appreciation of home cooked meal, connecting with beauty of nature, participating in home maintenance/ class room maintenance project.
People survive deadly diseases, accidents, trauma only because of Attitude of Survivorship.
Remember, “One can always learn something from everything,” what matters most is how you treat others and connect to a deep personal sense of the value of family. Our mind is a reflection of Nature and the environment around us. Nature has ability to self-heal so our mind.



Mrs. Gladys Cabral

In today's world one has to see the true picture of reality and have full confidence in one's own ability to take charge of it through one's own efforts. Resilience is not a skill,it is how to come out of one's failures to achievements through positive approach. Keep doing something exciting to turn one's weaknesses to strengths
My dear students you should be able to take up challenges and withstand or rather adapt to the difficult challenging life experiences. You should be able to transform unfavourable situations into wisdom, insight and compassion.
Believe in yourself and listen to your inner voice and act.
One should be able to accept setbacks and bounce back to achieve greater heights.



Editor speak



Mrs.Pooja Roy

"The greatest glory in living lies not in never falling, but rising every time we fall" So said Nelson Mandela, one of the greatest leaders in the history of mankind.

Every time we face challenges, each one of us do have the ability to think, to control our mindset, and to overcome hurdles in life. It is just that - we only need to look within ourselves and make that one important choice - to be, either an optimist or a pessimist. We must always try to choose to be an optimist- it certainly feels better!

Our mind will always believe what we tell it. So tell it positive, happy and sanguine things, anyways!

We all went through turbulent times in the past few years but then again, we rose, like the phoenix, we rose and got back up on our feet! Eventually all waves do settle and life goes on. We cannot direct the wind that blows over, but yes! We can certainly adjust the sails.

The School Magazine, aptly themed – Resilience, is an ode to living our lives to the fullest, to the best of our ability and more - come what may! Here, our Children have penned down such profound thoughts and aspirations. It is through them that we can draw inspiration from- for, they are the ones who never lose the spark in life. In fact, may we learn from them to, be happy for no reason, to be always curious and to keep going.

Dear readers, I do hope that our magazine features touch you, connect to you and unite you to that one fact, that we are all resilient beings. All we need in life is each other's support, encouragement, kindness, gratitude, along with the love and the enthusiasm of our children and above all the Almighty's blessings.

Let us all look for rainbows when it rains, and stars- when it is dark. Let us cultivate the art of being resilient, mindfully. The key to life is resilience. We may fall seven times, yet we stand up eight! It is truly the getting up that counts!

Happy Reading!
Pooja Roy



Vibrant Independence Day Celebration

When the 15th of August in India meant something more than just a day, it was the year- 1947. Indians woke up to a sunrise that wasn't overshadowed by the rule of the British empire. Ever since then, we have been blessed by the light of nothing but freedom- a country full of diversity that had just bloomed!

We had quite an impressive celebration in our School! On this day, we started bright and early. The program was attended by mostly senior students; we first sang our national anthem, awakening patriotism in each of us. After that, it was followed by a salutation to the flag. The practice of salutation shows our everlasting respect and affection towards our country. A delightful speech was delivered by our head Mrs. Lakshmi Madhusudan Madam. It inspired us by capturing the essence of nationalism among the students of that day. It truly was a wonderful celebration, indeed!

Kaira Ghosh Class 8





Republic Day Celebration in all its glory!

The Republic Day is a grand and vibrant celebration that commemorates the day when our constitution came into effect, marking India's transition into a democratic republic. It is celebrated all over our country as a patriotic and prestigious occasion marked by several colorful parades, spectacular displays and a strong sense of national pride.

This year, as the pandemic subsided and we, the students finally came back to school, there was a different kind of excitement and patriotism running amongst ourselves. All of us were eager to see our flag rising above our heads for the 74th time!

To celebrate this year's Republic Day, there were several competitions and activities conducted in school, such as- the 'republic day themed poster making', 'doodle art', etc. On 26th January we were graced by the grand unfurling of the flag. The cries of 'School-Saavdhan!' and 'Jai Hind', along with our beautiful 'Tiranga' rising up, filled us with a sense of patriotism and a feeling of national pride.

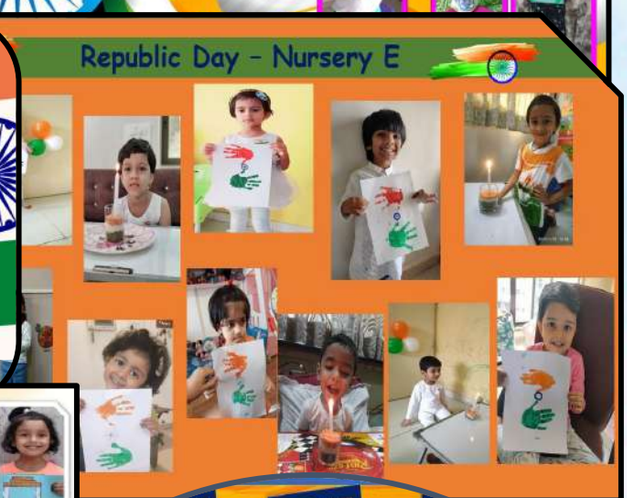
As we celebrate this occasion in schools, let us together strive to be responsible citizens who uphold the values of our nation and contribute to the progress and prosperity of India. Jai Hind!

Vihaan Tiwari Class 8















The roller coaster year that was...





We play and we learn while having fun!
Pre-Primary Section



































Learning by doing! Elementary Section



Middle School Merriment! Junior Section





















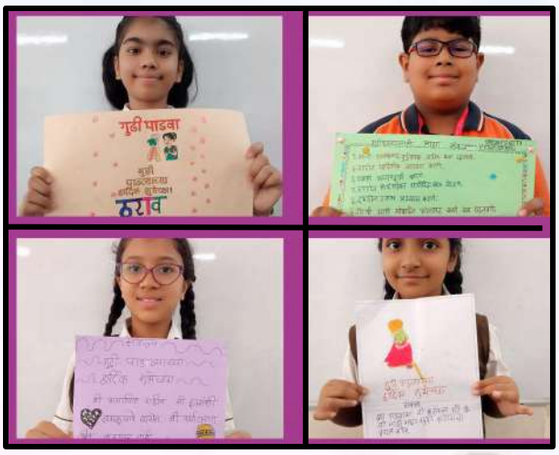














Hope for life

Hope is the only rope,
That humans should cling upon.
Hope is the only scope,
That mankind has always known.
Hope is needed by all folks,
To take life's tough strokes.
Hope does not stand alone,
It needs valour to clone.
So, don't lose hope,
As it will surely one day evoke.
When everything will fail,
You need to hold hope's sail.
You will surely sail alone,
The tough sea, without a groan.

Priyal Agrawal Class-2



-Shreeya Dubey Class-3



Yovika Ahuja Class-3

Determination

"Never give up!" This means to keep trying even when things get tough. When you never give up, you can achieve your goals and dreams.
For example, if you want to learn how to ride a bike, you might fall down a few times. But if you keep trying, you will eventually learn how to ride it. And once you have learned, you will feel so proud of yourself!
Never giving up is important because sometimes things can be really hard. But if you keep trying, you can do anything you set your mind to. Just like Thomas Edison who kept trying to invent the light bulb. He failed over a thousand times, but he never gave up and finally, he succeeded.

-**Idhika Pramod Patil Class-3**

Resilience - experience, feel, fail, and fall. But, keep going!

Resilience means to overcome the negatives and to, never give up.
Resilience is important because without resilience no task would be completed.
Like the thirsty crow, who did not give up after seeing an almost empty pitcher,
it came up with a marvelous plan and we all know the crow did not fly away thirsty.
If we did not have resilience nothing would be the same.
We got vaccines for the covid-19 because of the resilient scientists.
We got light bulbs too, through hard working and resilient Thomas Edison!
Without resilience in this world, we would not have light bulbs, planes, vaccines, telephones, matchsticks etc.
I would like to say that we must all have resilience and determination in whatever we are doing.

-Lavanya Suhasaria Class-3



-Arnav Deherkar

Never give up

Never give up if you lose the race,
Keep trying, don't lose your confidence on your face
Never be sad if you are slow,
The day will come when your speed is as fast as the air flow
Never cry if you come last, There will be times when you will be fast,
Its okay if you forget something,The time will come when you know everything.
When you are growing, Always put your efforts and keep trying,
If you cry, then you cannot try. If you are not selected in anything, don't worry,
The time will come when you will be selected in everything,
Just try and try, But don't cry!

-Mrugaja Waghurmekar Class-3



Try Hard! Work Hard!

"Don't wish for it, work for it." This is a quote that tells us, to not just wish for something that you want, but to work for it and also tells us to, 'Never give up!'

Whenever we face difficulties in life, it always shows us two paths – a smooth and a difficult one. If you choose the smoother path, it might take a very short time, but the success will not last long. Whereas, if you choose the difficult one, it might appear tedious with a lot of difficulties, struggle and hard work, but that achievement, that success would last forever.

"Try and try till you succeed"

Always give your 100% to the thing you want to achieve.

As rightly written by T.H Palmer,

"Tis a lesson you should heed, If at first you don't succeed,

Try, Try again.

Then your courage should appear, for if you will persevere, you will conquer, never fear,

Try, try again"

Don't ever give up in your life, because giving up is not the ultimate solution. Keep positive thoughts in your mind. And don't ever think of giving up because, if you think of giving up in your life, you will lose everything you have achieved for! So keep trying!

Keep working hard!

-Alaina Chirag Patil Class-3

Coping Strategy

During the pandemic, my father was diagnosed with diabetes. Due to criticality of the situation, we had to rush him to the hospital ASAP. He was admitted in the hospital for fifteen days.

We have never ever seen him ill. My small brother Rudransh, was only 2 1/2 years then. I wanted to talk to daddy while Rudransh was crying for him. When I used to call my friend, I used to have tears in my eyes remembering the good times - playing with daddy, and my mom and my friend would try to console me. Even Rudransh would try to console me and play with me at the same time! For my mom, the situation was even more difficult. Due to pandemic, strict lockdown, all those endless activities in the house, in the school, and in the office. She had no other option, no one else to support from, except me and Rudransh. This went on everyday until the day came when daddy returned home. That day was the happiest day of our life!

I made a welcome poster for daddy. After showing my father the poster, he started laughing and after seeing him laughing we all forgot our pain. The funniest part was, I wrote W.E.L.L.C.O.M.E instead of W.E.L.C.O.M.E on the poster!

After going through all this, I now know my parents are the strongest parents in the world. All of us felt better after experiencing a movie which was not shot!

Moral: Sometimes life takes drastic turns but you should learn to cope up with it.

-Kartiki S. Kale Class-3



-Devashree Kedari Class-3

No negative thinking, be happy always

What is it that, which gives us happiness? Is it money? Is it the material things such as fashionable clothes, jewellery, fancy car and so on? No, it is not! True happiness comes from little joy of life, which may not even cost anything, yet are priceless.

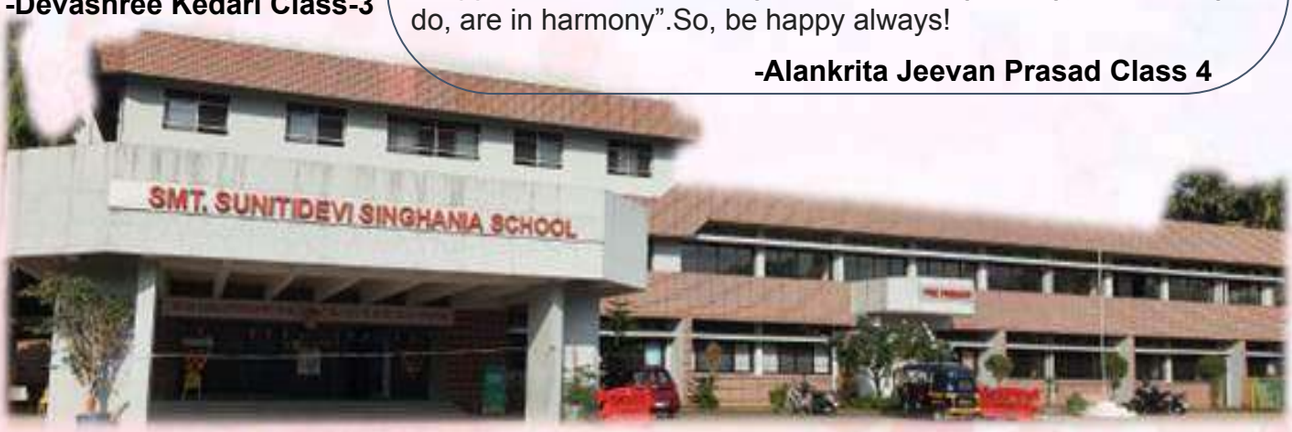
Happiness is an emotional and mental state of joy and pleasure. It involves enjoyment and satisfactions in life, as well as a positive attitude.

Negative thinking happens to all of us but if we recognized it, and challenge that thinking, we are taking a big step, towards a happier life.

Being kind to other is a proven path towards happiness, and don't forget to be kind yourself as well.

"Happiness is when what you think, what you say, and what you do, are in harmony".So, be happy always!

-Alankrita Jeevan Prasad Class 4



Vibrant pursuits...fun educational activities



















Dont Quit!

There was once a boy called Peter
With a sister, who was so much sweeter
One day, when Peter was free,
He tried climbing a tall tree
Pam, his sister, watched as he
Somehow climbed up the tree
Up and up he went until
He slipped, fell, and rolled down the hill!
Pam giggled as she pulled him up
And told him he should not give up
So Peter went and tried again
However, it was all in vain!
He huffed and puffed as he slowly
Went up the wide and towering tree
He told himself, "I will not stop
Until I reach the very top''
And finally - yes, he did it!
By challenging his own limit
As a famous poet has rightly said,
Rest, if you must, but don't quit!!

-Saayuri Karmarkar Class-4

Gratitude and happiness

The Things that make me Happy,
Are shining, bright and beautiful
They make me smile – never make me unhappy
Because they are so wonderful
The people that make me happy (including my family)
Encourage me, make me cheerful
They help me and I help them, merrily
We work together, faithfully
I'm grateful for my knowledge
So I could go to college
Get a job, get a degree
So I could have my Victory
These things make me smile
One by one, down the aisle
So happiness is essential
It'll help you with your Potential



-Kumar Arav Class-4

-Dhruv D. Bhenki Class-4

The resilient time comes!

Everybody has to face a difficult, stressful, or traumatic situation in their lives. People deal with it in different ways. Some people become stressed, and experience anxiety, while others deal with the situation diligently and easily. The most common example that comes to mind is COVID-19, or, in scientific terms, Ortho Corona Virinae. The media and the public went haywire as the number of deaths increased. But, thanks to the World Health Organization (WHO), their world-class scientists gave us the guidelines to follow. They also told us to stay home and enforce the curfew. However, we must thank our honorable Prime Minister Shri Narendra Modi for his prompt action. After all, it was a collaborative effort. But after the catastrophic and an unwholesome outbreak, there were a few major changes that impacted us. The most amazing change was the evolution of the internet and the dependence on mobiles and laptops. People adapted to these changes within a year and with what pace! Another change was that tests like Olympiads and many more started conducting tests online rather than going into the examination halls and giving the exam physically. People started watching movies online more often than going to the theatre. New ideas began to emerge, such as the creation of numerous AI projects. The concept of "working from home" rose during the COVID period, which was good for people working in companies far away from their homes and also for those who used to travel frequently. The concept of "online shopping" became popular because it allowed you to see variations of different dresses at the click of a button while also saving time by not visiting stores. These changes were bound to happen, and they have positively impacted our country's economic growth. The COVID era was very productive for innovators and definitely had a big impact on everything. Therefore, this era certainly taught us a big lesson in resilience.

- Garv Agarwal Class 5



Prisha Dave
class - 7

Resilience

Resilience is the ability to bounce back when things don't go as planned.It involves the ability to recover and rebound from challenges and setbacks. It can help you manage or even ward off conditions such as depression and anxiety, and improve your mental health overall. Resilience won't make your problems go away — but resilience can give you the ability to see past them, find enjoyment in life and better handle stress. Resilient people are able to draw upon this strength to cope and recover from challenges. That's true even when they face significant traumas, such as job loss, financial problems, serious illness, relationship challenges, or the death of a loved one. While we cannot avoid many of the problems, we can remain open, flexible, and willing to adapt to change. We can view challenges as learning opportunities, We only have to try and take positive steps in challenging situations and focus on the things you can control instead of dwelling on what we cannot change. Hence, be resilient!

- Janani Arvindan Class 6



Jiya Malpani class-8

My School

Our school is resilient,
And very tolerant.
If there is a problem,
we solve it quick,
As soon as Mam can think.
My school is the best,
Though it has
many surprise tests.
From Ruskin Bond
to Sudha Murty
It teaches us everything.
Be it English, Hindi,
Maths, SSt or Science
All subjects are treated
equally.
We also go to
play on the ground,
Fighting to catch the ball.
Smt. Sunitidevi Singhania
School,
Is full of respect.
All the girls and boys are
equal,
All the teachers
and subjects are equal.
All teachers are nice and kind,
They are always
ready to rewind
I feel very lucky,
To be in this school.

-Divija Shrivastava Class-5



-Vedika Gupta Class-5



-Ojas Kshirsagar Class-3



- Shubh Mangrulker Class-4



-Sarika kulkarni CLass-6



Experiential, hands-on learning happens here....























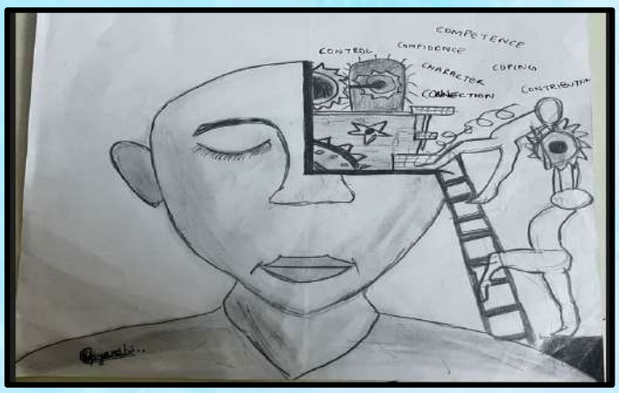








Aarna Potdar Class- 4



Diyanshi Gupta Class 8

Resilience

It is easy to fall into twisting thoughts of your regrets and past mistakes, wondering what might have been, but dwelling on your mistakes won't change anything about your past. When you're resilient, you learn how to accept what happened to you and focus on what you can do in your present.

Having a support system is very important. Friends and family are the ones who are there to celebrate your highs and a shoulder to cry on during your lows. As someone who is resilient, you know that once you've built a strong support system, then you're set for life.

Resilience is central to perseverance. By facing facts squarely, allowing time for recovery, and bouncing back with an attitude of growth, it is possible to be resilient in the face of any setback.

"Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good."

-Akriti Sharma Class-6

A Victorious Journey

All was going good in the year 2019
But all of a sudden something
stopped our daily routine
Here came the villain to destroy
everything! It didn't stop at all
But only kept on proceeding
It started in China from a small city
And spread all over the world,
it was very fishy
Doctors and scientists
named it Coronavirus
It was so dangerous,
that each person became nervous
The first case was found
Then the 2nd, 3rd and 4th
And then it was all around
And you guessed it right
There was a lockdown
Now we all had to fight
Slowly slowly all came to normal
But we were wrong
This wasn't the moral
The second wave came just like the 1st
This time it became even worse
But we all fought with courage
We all were being encouraged
The second wave was gone,
corona was gone
Everyone was relieved but scared
I said now let the bygones be bygones
The world has now started
working clockwise
Now is happy like the sun rise.

-Asmi Gadkari Class-6



Ananya Malpani Class - 4



Aryan Chaturvedi Class - 5



My Resilient Mother

Every mother is resilient at a time where problems grow so big that you can't avoid it but they handle the problems all on their own. That's the power mothers have, they seem to be tired and don't let us see their weaknesses. I would also like to share a story about my mother being resilient and I hope you also enjoy it. It happened when my mom got covid and my dad lived in Dubai, so he couldn't visit her. Doctors told her that it is very severe and she had to be quarantined but she didn't think about herself at all. She was still coming out… cleaning all the things, making our food and doing other chores. I knew that she was in pain but still she gave me a smile and also she was taking high dose medicine at that time but still she looked like she was completely fine as if nothing happened to her. She was just thinking about me and my baby sister at that time. She thought if she fell more sick, who will take care of us and she didn't let us see if she was crying. At April 14th, my grandpa died (maternal) and she was devastated but she remained strong and she was determined to fight covid. That's why I think as my mother is resilient. There are lot of things that I have to still learn from my mother. I love you very much mom .

–Shriya Panikar Class-6

Resilience

In simple words, resilience is the ability to withstand and to bounce back from tough times. Hmmm... but why to be resilient? How? When? How can you call somebody resilient? Don't these questions pop in your mind? Being resilient gives us the ability to withstand trauma, anger, grief, pain, and stress. Regulate your emotions and give importance to the present and don't weep over past misfortunes. Be strong, patient, internally happy and never ever let anybody's harsh or hurtful comments get to your heart and mind. A resilient person is the one who acts calmly during difficult times of trauma, grief, stress, or pain. Tough times are when we must build resilience. In the Bhagavad Gita, Lord Krishna advises Arjuna to be resilient in fulfilling his duty as a warrior and not succumb to his emotions despite him losing many loved and dear ones such as his son (Abhimanyu) and Bhishma.

-Darshika Dinesh Class-7



-Trisha Shintre Class-8

Change

I was once a little toddler
but now, a young boy
I might be in sorrow today
but tomorrow, maybe in joy
Countries maybe at war today,
but will have a truce
That round egg we
see there now,
one year later will be a beautiful
sparrow
These things that
keep happening,
changes, they are called
Unpredictable and never ending,
never will they be stalled
We can never remain the same,
no matter what we do
Where that dominating
building now stands,
there was once
a lovely jungle with a river flowing
through
Change is the only constant,
as is rightly said
Men will come and men will go,
but changes are never to stop,
and never to misled.

-Jaivardhan Gupta Class-6



Without 'art' in 'Earth', it is just 'eh!'
Vibrant Art Display






























Resilience- a skill to develop

Resilience is an important trait for anyone to possess, especially during times of adversity. Resilience is the ability to recover from difficult situations, setbacks, or failures. It is the ability to adapt to changing circumstances, remain optimistic, and keep moving forward.

It is not something that people are born with, but rather something that can be developed over time. Some ways to improve resilience include setting realistic goals, maintaining positive relationships, practicing self-care, and developing problem-solving skills.

In school, developing resilience can help students to cope with academic stress, challenging assignments, and social pressures. By developing a resilient mindset, students can learn to see setbacks as opportunities for growth and develop the confidence to overcome obstacles.

In conclusion, resilience is an important skill for everyone to develop. It can help us to overcome adversity, improve our mental health, and achieve our goals. By practicing resilience, we can become more confident, self-reliant, and capable of handling whatever challenges come our way.

- Stuti Kamble Class-7



Why is resilience important for students?

Resilience empowers children. It helps them understand that they can overcome any setbacks they may face and that these setbacks often teach them essential life lessons that they carry with them. Resilient children are often confident students who are not afraid to do hard things. It encourages students to keep trying.

-Aashna Bhaiyya Class-7

Resilience - The Current Situation

The pandemic of 2020 put a lot of stress on us, physically and mentally. Lots of people have lost their own, and their loved ones' lives to this virus . Having basic necessities at home was a luxury due to the lockdowns declared by the government to restrict the spread. During the waves, when the spread was at its peak, the hospitals were struggling due to the shortage of beds, staff, doctors and other medical resources. Many people lost their jobs and daily wagers were unable to afford basic amenities. There were huge efforts made by the government, scientists, medical body, society and people in general to restrict the spread of this virus and bring life back to normalcy. The invention of the vaccine was a huge breakthrough and the lockdown, though difficult, but controlled the spread along with social distancing. The doctors and the frontline workers toiled tirelessly as soldiers in the warlike situation, many sacrificing their lives to save people. During this phase, all of us have been impacted in some way or the other by stress, worry or fear. Even after this brutal pandemic, we have survived and bounced back to normal life. This proves that if we don't give up, we can cope with any situation. In the past year, the spread of the virus decreased and we could shift life back to normal. The schools and offices, with precaution, began and we started to try to get used to going outdoors after about two years of staying indoors. Daily wagers got their jobs back and could feed themselves. Things began to get back to normal and we were able to live our lives as they were before. We would not be wrong to say it took a lot of dedication and efforts from people in general for this to be successful. This gives us an idea of the resilience shown by us while recovering from this crisis. As Helen Keller once said – "Although the world is full of suffering, it is also full of the overcoming of it "

-Anaika Iyer Class-7



A Poem -Resilience

I don't mean to be a pessimist
Nor a cynic,
All through what is in my power and I hope for
Is to be my best at being resilient.
Lost in my mind to be I oughtn't,
At least not as lost as Will Robinson in space,
I hope to not need Ambivalence as
I soar through my part in Life,
As you see my compadre, I am just so still crude.
You don't know what is to be imminent will
And thou must face thou when it does
That's why I ought to have resilience.

-Harika Sachdeva Class-8

Resilience - Of being optimistic

Here you are,
Laughing and grinning
With the old spark in your eyes;
After you saw all that you cared for burning,
And your life taken over by unpleasant surprise.
Here you are,
With the wind in your hair
And no worry on your face;
After all the intense despair,
And being through those nights full of despair.
Here you stand,
At the spot where all the merriment had set adrift
Feeding hope's flittering flicker
With all the strength that you have left;
Even when than all else darkness is thicker,
With the walls closing in on you,
And chilling winds hiding your destiny.
Here you are,
Despite all the grief,
Believing, with undeterred faith.

-Hemani Suhasaria Class-8

"Life doesn't get easier or more forgiving, we get stronger and more resilient."

-Aadi Pawar Class-4



Focus on the positivities

Resilience is a skill set that one can continuously strive to improve, and it is an essential tool to have during these unprecedented times. Those who practice resilience can handle difficult situations with grace, courage, and a sense of humor. It is a necessary skill for navigating everyday life with ease. When faced with a crisis, resilient people are able to focus on the positive, find creative solutions to problems, and have meaningful connections with those around them.People should also prioritize self-care, like engaging in physical activity or connecting with friends and family, as this can help them manage stress levels and build resilience. Finally, focusing on personal growth, and looking for opportunities to learn and expand one's knowledge, can also help people stay strong and resilient.It is not a quick fix, however, and requires effort and patience to cultivate. One way to start building resilience is to focus on the things you can control and adjust your mindset to accept what you cannot. Always keep a positive attitude, even when things get tough.

-Madhiha Shafi Class-8

Resilience

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds me unafraid.
It matters not how straight the gate,
How charged with punishments the scroll,
I am the master of my fate,
I am the captain of my soul …

-Bhanuj Somani Class-8



-Gargi Shende Class-4

Activities Done By Middle School









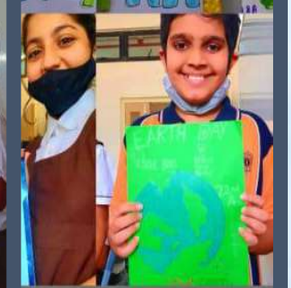


















- Grades 7 & 8

Marathi Diwas -

श्रीमती सुनितीदेवी सिंघानिया शाळेत २७ फेब्रुवारीला 'मराठी राजभाषा दिवस' साजरा केला. शिशु वर्ग ते माध्यमिक वर्गातील विद्यार्थ्यांनी 'मराठी राजभाषा दिवस' कार्यक्रमात मोठ्या उत्साहाने भाग घेतला होता. कार्यक्रमाचा विषय 'सण, संस्कृती आणि परंपरा' होता. विद्यार्थ्यांनी विषयावर आधारित सूत्रसंचालन, नाटक, गाणी आणि नृत्य सादर केली. विद्यार्थ्यांनी स्वागत गीताने कार्यक्रमाचा सुंदर प्रारंभ केला. कार्यक्रमाची सांगता पसायदानाने झाली. कार्यक्रमात सहभाग घेतलेल्या विद्यार्थ्यांनी आकर्षक शिरोभूषणे, कंठभूषणे, बाहुभूषणे घातली होती. विद्यार्थिनींनी कपाळावर कुंकू तसेच नाकात नथ, गळ्यातील अलंकार अशी आभूषणे धारण केली होती. नृत्यामध्ये चिपळ्या, जाते, उखळ, घागर, सूप, चाळणी, तुळशी वृंदावन, भगवे झेंडे अशा अनेक पारंपारिक वस्तूंचा उपयोग केला. त्यामुळे महाराष्ट्रातील प्राचीन संस्कृती दाखवताना, कार्यक्रमाला आकर्षक रूप मिळाले. शाळेच्या मान्यवरांनी, सर्व शिक्षक आणि विद्यार्थ्यांनी कार्यक्रमाचा मनमुराद आनंद घेतला.





Marathi Articles

ऑलिम्पिक ते पॅरा ऑलिम्पिकचे स्वप्न

पीटर वयाच्या तिसऱ्या वर्षापासून पोहतो आहे. तेव्हापासून त्याने जलतरण स्पर्धांमध्ये अनेक पदके जिंकली आहेत. त्याचे 'डॉल्फिन' असे टोपणनाव होते. देशासाठी ऑलिम्पिक पदक जिंकण्याचे त्याचे स्वप्न होते.

एके दिवशी पीटर आणि त्याचे वडील पोहण्याच्या कार्यक्रमात भाग घेण्यासाठी कारमधून जात होते. गाडी चालवत असताना त्यांच्या कारला अपघात झाला. तो आणि त्याचे वडील दोघेही गंभीर जखमी झाले. त्यांना जवळच्या रुग्णालयात दाखल करण्यात आले. दुःखाची गोष्ट म्हणजे, डोक्याला गंभीर दुखापत झाल्यामुळे पीटरच्या वडिलांचा मृत्यू झाला आणि पीटरने आपले दोन्ही हात गमावले. त्याला शुद्धीवर यायला काही दिवस लागले. वडील आपल्यासोबत नाहीत हे ऐकून आणि दोन्ही हात गमावल्याच्या वेदनांनी त्याचे स्वप्न भंग पावले.

तीन महिन्यांच्या उपचारानंतर तो घरी परतला. वडिलांच्या निधनाने निर्माण झालेली पोकळी त्यांना पछाडली. जसजसे दिवस जात होते तसतसे एके दिवशी त्याला त्याच्या वडिलांनी बनवलेले एक जुने पोस्टर दिसले, "पीटरचे वडील असल्याचा अभिमान आहे. एक दिवस माझा मुलगा ऑलिम्पिक पदक जिंकेल!" हे पाहून तो रडू लागला. त्याला रडताना पाहून आईने येऊन त्याचे सांत्वन केले.

ती म्हणाली, "पीटर, तुझ्या वडिलांची नेहमी इच्छा होती की तू पोहण्यात मोठे यश मिळवावे. आणि मला खात्री आहे की तू त्यांचे स्वप्नं पूर्ण करणार आहेस."त्याने उत्तर दिले, "आई, मी कसे? तू मला पाहू शकत नाहीस? "

ती म्हणाली, "हा जगाचा अंत नाही. जा आणि आपले स्वप्न साध्य करण्याचा मार्ग शोध. माझ्या डॉल्फिनचा नेहमीच एक मार्ग असतो."

त्यानंतर पीटरने आपले स्वप्न साध्य करण्यासाठी मार्ग शोधण्यास सुरुवात केली आणि पॅरालिम्पिकमध्ये पदक हे त्याचे लक्ष्य बनवले.

सुरुवातीला, प्रशिक्षणादरम्यान त्याच्यासाठी खूप कठीण होते. पण तो लवचिक आणि कठोर प्रशिक्षित होता. पॅरा स्विम इव्हेंटमध्ये पीटरने भाग घ्यायला सुरुवात केली. तो हळूहळू प्रगती करत राहिला आणि त्याचे विक्रम तोडत राहिला. मग तो स्पर्धा जिंकू लागला. दोन वर्षांच्या मेहनतीनंतर पॅरालिम्पिकमध्ये आपल्या देशाचे प्रतिनिधित्व करण्यासाठी त्याची निवड झाली.

पीटरने भाग घेतला आणि दोन जागतिक विक्रमांसह दोन सुवर्ण आणि एक रौप्य पदक आपल्या देशासाठी जिंकले. घरी परतल्यावर तो आईला म्हणाला, "आई, मी माझ्या वडिलांचे स्वप्न पूर्ण केले. पण हा शेवट नाही!"

त्यानंतर पॅरा ऑलिम्पिकमध्ये त्याने अनेक पदके जिंकली.

तात्पर्य:

हा जगाचा अंत नाही असा नेहमी विश्वास ठेवा. कठीण परिस्थितीतून सावरण्यासाठी स्वत:ला अधिक कष्ट द्या. आपण जे स्वप्न पाहिले ते साध्य करण्यासाठी अधिक मजबूत, लवचिक व्हा. कधीही हार मानू नका.

Adwait Padwal Class 9

आनंदी वृत्ती (Resilience)

सुखामागून दुःख, दुःखामागून सुख येतच राहतं,
म्हणून कुणी जगणं सोडून देत नसतं
हसण्याचे फायदे अनेक,
पण दुःखावर उपाय हाच एक
दुःखात, निराशेत रडत, होताय कशाला त्रस्त,
उद्या येणाऱ्या सुखाच्या आशेने राहूया आपण मस्त
म्हणून सांगते, हसत रहा, हसवत रहा,
तुमच्यातील आनंदी वृत्ती कायम तेवत ठेवा

-जिविषा संतोष नारखेडे Class-7



Kumar Arav class - 4

सुनीतीयंस आहोत आम्ही

आम्ही हार मानणारे नाही,
करून दाखवणार काही।
आव्हानांचा डोंगर
मोठा असूदे किती||
प्रयत्न करत राहू
हाताळू कोणतीही परिस्थिती।
सुनीतीयंस आहोत आम्ही,
सुनीतीयंस आहोत आम्ही।।
खचून जाणार नाही,
घाबरून जाणार नाही।
ध्येयाचे शिखर
गाठल्याशिवाय राहणार नाही।।
प्रयत्न करत राहू,
आणि घडवू आपली प्रगती|
सुनीतीयंस आहोत आम्ही,
सुनीतीयंस आहोत आम्ही।।

-Anushree Prabhu – Class 9







Hindi Articles

भारत का गौरव

खेल के मैदान में डटे रहना तुम,
जी - जान और लगन से,
पूरी कोशिश करना तुम,
भारत का गौरव बन,
अपने देश का नाम रोशन करना तुम ।।

भाविक चावला
छठवीं

सुनहरी किरण

सूरज - सा चमको तुम,
सागर - सा लहलहाओ तुम,
धरती - सा धीर धरो तुम ।।
एक दिन.....
काले बादल छट जाएंगे,
सूरज सोना बरसाएंगे,
चारों ओर होगी धूप सुनहरी,
सब - जन सुख पाएंगे ।।

अथर्व प्रसाद
आठवीं

कर्तव्य पथ

जीवन का हिस्सा है....
रुकना , थमना और गिरना
लेकिन यह प्रक्रिया,
हमें बहुत कुछ सीखा जाती है..
पुनः चलना, उठना और कभी न रुकना,
कर्तव्य पथ पर निरंतर बढ़ते रहना ।।

श्रेष्ठ उपाध्याय
सातवीं

हर रात के बाद सवेरा होता है

अंधियारी का रूप निधारूण,
प्लावित हुआ हो जिसमें अरुण,
खोज प्रभा की करने साकार
तुम्हें बनना होगा ज्योति का आगार ।

जो हौसलों से उड़ान भरते हैं
वे गिर कर उठा करते हैं,
तम के धूमिल में अपना नभ खोजते
वे सफलता की कविता पिरोया करते हैं।

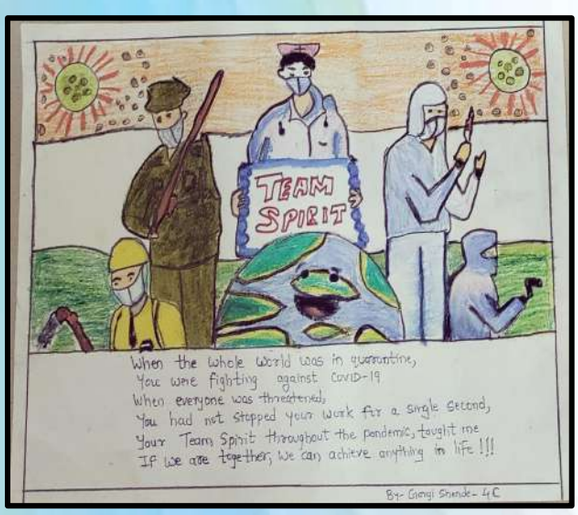
असमंजस का प्रतिबंध न रोक सके उस दरिया को ,
जो साहिलों की बाधा लांघ कर निरंतर बेहता जाए,
ना विनष्ट कर सके व्यथा की चिंगारी उस चित्त के आंगन को,
जिसमें खुशियों से तल्लीन हर दुःख भी मुस्कुराए।

समुद्र के शोर में, तम के घोर में,
मरूस्थल से सीप में, गरिमा का द्वीप लिए,
विपस्सना का अनुगामी, सहनशीलता का अनुभवी,
सीप में मोती बन जाता है।

बंजर ज़मीन की वेदना सुन
बादल भी अश्क छलकाएँगे,
अंधियारीकी प्रतिष्ठा
रूपल- वितान के तत्व दरशाएँगे।

कठिनाइयों की सहजता जो निरखे,
वह विजय की संशोधन में लगा रहता है,
विकटता वक़्त की गुलाम है,
हर रात के बाद सवेरा होता है।

भानुज सोमानी
आठवीं



Gargi Shende class - 4



Ira Padmashali class-1

प्रकृति

नीला गगन, अथाह सागर
किसने इन्हें बनाया है।
रंगबिरंगे रंगों से ले
किसने इन्हें सजाया है।
हरे भरे वृक्ष घने
फल-फूलों से लदे हुए,
इनकी ठंडी छाया में
चिड़ियों के घर सजे हुए है।
सूर्य- चंद्रमा, लाखों तारे
रिमझिम बारिश की बौछारें,
ठंडी हवा धूप सुनहरी,
वाघ,हिरन और मोर गिलहरी।
यह सब है प्रकृति के उपहार
व्यर्थ मत करो इन्हें बेकार,
यह सुंदर जगत, सुंदर संसार
इन्हें संभालो, करो इनसे प्यार।
अब भी अगर नहीं तुम जागे
बाद में फिर पछताओगे,
आनेवाली सदियों में बस
हाथ मलते रह जाओगे।

जयवर्धन गुप्ता
छठवीं



Riddle and Crossword

D	E	L	I	G	H	T	E	D
A	T	H	R	I	L	L	E	D
N	G	L	A	D	Q	I	D	E
P	H	O	P	E	F	U	L	C
H	T	J	O	Y	F	U	L	S
A	U	O	P	S	T	A	C	T
P	Z	L	D	F	D	R	B	A
P	Q	L	Q	O	G	T	C	I
Y	Y	Y	L	X	M	U	H	C

Crazy Crosswords ! find the words given below in the crossword puzzle box!

Glad	Delighted
Hopeful	Ecstatic
Happy	Jolly
Thrilled	Joyful

Ida Prashant Bokey Class 4



Dhruv Bhenki class - 4

Riddle me this riddle me that! Lets crack this!

1. *Riddle*:: Which three letter words mean solid water?
2. *Riddle*:Something which has no taste but we still drink it.
3. *Riddle*:What do farmers plant and rhymes with weed?
4. *Riddle*:A table that you can eat.
5. *Riddle*:Something that can live for many years and has a trunk.
6. *Riddle*:I make food for the plant and use air, water and sunlight.

-Vihaan Nandi Class 2

ANSWERS
1. ICE
2. WATER
3. SEED
4. VEGETABLE
5. TREE
6. STEM



Terrific Trivia Corner!

Find the words from the crossword and read some fun facts !

D	D	J	C	H	E	E	R	F	U	L	P
J	E	O	L	A	O	E	S	E	M	A	L
O	L	L	F	Q	R	J	E	F	A	E	E
Y	J	L	I	P	O	D	O	X	M	E	A
F	G	Y	D	G	L	A	D	K	E	R	S
U	F	U	C	C	H	E	R	R	Y	O	E
L	F	G	G	H	C	T	A	D	U	S	D
F	U	L	L	O	C	T	E	S	U	D	E
U	C	C	O	E	N	A	B	D	U	R	F
K	L	Z	N	O	E	X	Z	Y	I	R	G
L	B	L	C	O	N	T	E	N	T	H	E

happiness	delighted
content	cherry
pleased	jolly
glad	glee
cheerful	pleasure

-Ayaan Ravindran Class 4

AYAAN RAHEESH Class 4





Hitansh Jain class - 4



Ridhima Bhatija class 7

Freaky Fun Facts

The loudest animal in the world is a mere 2cm long, prawn.The Pistol Shrimp can snap with its claw shut so rapidly, that it creates a bubble which collapses to produce a sonic blast, louder than a Concorde's sonic boom

The shortest living animal in the world is the Mayfly. Its entire adult lifespan is just 24hrs.

A group of parrots is known as a pandemonium

The Giant Pacific Octopus has 3 hearts, 9 brains and blue blood.

Mercury & Venus are the only 2 planets in our solar system that have no moons.

Pluto is smaller than the United States.

Alexander the Great was accidentally buried alive. Scientists believe Alexander suffered from a neurological disorder called Guillain-Barré Syndrome. They believe that when he died, he was actually just paralyzed and mentally aware!

Cleopatra wasn't actually Egyptian! As far as historians can tell, Egypt's famous femme fatal was actually Greek! She was a descendant of Alexander the Great's Macedonian General Ptolemy.

- **Darshika Dinesh Class 7**



East or West- Going Green is the Best! Our Green Footprints

Keep the oceans blue and the Planet green! Unique initiatives taken by students of Grade 3 and 4 (Launch of Seed Bombs and Waste Segregation)

Seed Bombs:

Over the last few years there has been a growing voice in favor of the need of environmental conservation. Students of grade 3 undertook a very interesting activity of launching seed bombs– a project to give nature a helping hand.

A seed bomb is a marble sized ball made of clay, earth and seeds which is used to replant areas. Once the bomb has been thrown and the seeds have begun to germinate ,the soil will then provide a base for the seeds to start growing. Students divided themselves in groups and walked down a stretch of land in our school throwing the seed bombs in areas easily accessible to rainwater. Students also scattered the seeds of the Amaltas and Neem which is known for its medicinal properties. This was indeed a unique experiential learning for the students.

Waste Segregation:

From seniors to juniors, everyone celebrates Independence Day with great enthusiasm. This year, the Grade 4 aficionados celebrated by moving a step closer to the Green India Movement by making garbage bins out of old cardboard boxes. Students seem contended that they were able to contribute to the society and encourage people to do the same.













- Grade 3 **- Grade 4**



Teacher's Corner

Resilience - A positive thought!

Always face the sunshine you will never see the shadow.
What a positive thought!
But there are times when a person is forced to come face to face with the shadows.
We, as adults have met these difficult times time and again.
But our little ones are just learning to face these difficulties.
As they set out to conquer the world.
We as teachers and parents must provide them with enough and more opportunities to deal with sunshine and shadow.
One such quality which will help children through thick and thin is resilience. An ability to bounce back from adverse events helping children cope with stress and overcoming challenges. It involves adaptability, resourcefulness, and a positive outlook. Having resilience can lead to improved mental health and well-being.
Few ways which can help improve resilience in children.
1 Set activities that challenge them at every point.
2 Help children adapt to changes, and recover from setbacks.
3 Make them understand, mistakes can be rectified.
4 Encouraging them to take risks and make mistakes in a safe and supportive environment.
5.Provide opportunities for problem-solving.
6. Help them accept their own emotions.
7 Help foster positive friendships with teachers and peers.
By fostering resilience in the young minds, we can set them up for success in future years. They can then sail out to the world. 'Here we come to take you,O World! in our stride.'

-Priti Palkar

Resilience- Put your best foot forward

Resilience is like a rubber band that when stretched, bounces back to its original shape. If you are resilient, you handle problems better – while others are frozen by stress, you are able to take control. You are proactive and future focused, because negativity doesn't overwhelm you.

Pessimists are in a constant state of helplessness. They tend to think of themselves as victims, unable to control the situations around them. They blame themselves for problems. They see negative events as permanent and insoluble.

But it's in the optimistic moments that brilliance shines through.

Optimists don't internalize negative events, but they often take credit for positive ones. They are confident and live with hope – so they are more ready to take risks and cope with failure. Optimists see themselves as being able to influence their environment. So, they are resilient – able to accept change. In fact, they are often pioneers of change. Creativity and innovation stem from optimism.

The 'can do' attitude that comes from optimism is often self-fulfilling. Very little progress would be made if everyone sat around fuelled by negative thoughts, like "I'm hopeless" or "I will never be able to do this".

As Thomas Edison once said: "I have not failed. I've just found 10,000 ways that don't work." It's that attitude that led him to patent over 1,000 inventions, including the light bulb, the phonograph and the "kinetoscope", a small box for viewing moving films...

As someone said "The best view comes after a hardest climb". So always gear up and put your best foot forward.

-**Aditi Thakre**



Resilience in Education

Resilience is an important concept that can be taught to children as early as kindergarten. In fact, developing resilience in young children can set them up for future success in academics and in life. Here are some approaches that I use to promote resilience in kindergarten students:

Encourage a growth mindset: Teach children that their abilities can be developed through hard work and dedication. Emphasize the power of "yet" and encourage them to keep trying even when they struggle.

Provide opportunities for risk-taking: Give children opportunities to try new things and take risks, even if they might fail. This can help them learn that setbacks and failures are a natural part of the learning process.

Foster a supportive classroom environment: Create a classroom environment that is safe, supportive, and nurturing. Encourage children to help one another and teach them to be kind and empathetic to others.

Use positive reinforcement: Praise children for their efforts and progress, not just their successes. Celebrate small victories and help children see the value of perseverance and hard work.

Teach problem-solving skills: Help children develop problem-solving skills and teach them to think creatively to find solutions to challenges. Encourage them to reflect on their experiences and use their problem-solving skills to overcome obstacles.

By using these approaches, we as teachers can help young children develop the resilience they need to succeed in school and in life.

-Harshada Magesh

Resilience- a gift from nature!

Trees shed their leaves and yet stand tall hoping for the new ones to come. Even when everything looks lost, God keeps the roots intact and not let the tree fall. Is it for no reason? A leafless tree also serves the purpose of being a landmark or direction to the lost travellers and animals. It can be an arm to the tired birds to halt and rest for a while.

Every phase has its purpose in life. Do not give up in tough times. You fail only when you actually give up. You fail when you stop trying. If you try, you have 50 percent probability of success, however if you don't try at all, there is 100 percent guarantee of failure.

Remember, what appears to be an end of a caterpillar is in fact a beginning of a butterfly. When we are about to give up, hope always whispers 'try it one more time'. So keep hoping, keep trying!

-Ashwini Ahuja

Build Resilience

Build resilience build resilience
In our younger generation
Making them bounce back
After major setbacks and challenging experience
Build resilience build resilience
In our younger generation
By supporting and encouraging them
To identify and manage strong emotions
Build resilience build resilience
In our younger generation
By recognising and acknowledging
Their day-to-day little achievements
Build resilience build resilience
In our younger generation
By being a role model
Exhibiting positivity and patience

-Chandra Chitnis

When the world says give up....
Hope whispers....
try it one more time.....
Resilience Art
-Kalpita Bhide





The power of resilience

India, the first largest populated country in the world was affected severely from Covid-19, for two long years. Everybody was suffering, not only our Economy but also our education system.
Children were at home with only adults around them. They become inactive, idle, and were struggling to adapt to a new method of Education. The entire theory of Education has been changed.
Children were confined in their homes for a long, and now when we have started with physical school, they are getting hands-on experience for sand play, picnic, garden visit. They are developing more social skills, cognitive skills now. All this exposure and interaction with the outside world is helping in their all-round development.
It's the power of resilience that has helped these children to settle in their reality so beautifully.

-Moumita Chakraborty

To be resilient

Life is full of surprises, with ups and downs, sometimes fun filled, sometimes adverse, today happiness, tomorrow may be sorrow. It's human, we enjoy and love when things are going in a 'Zoom' (Like when we solve sums in Maths in one go, or, when History lessons are found to be interesting!) but when hurdles or obstructions come our way (like when we get stuck with a difficult sum or not able to understand a concept or when things are not going your way) we keep ourselves depressed or think of ourselves as disowned.
That is the time to be resilient and to spark in your inner strength as 'No hardship of scaling Mount Everest is tougher than conquering over your own fragility/vulnerability.'
So, leap over the complexity of any problem and ignite the spark of your resilience to enlighten the world in dark. Come out of the box and explore the most unexpected part of you – "To be Resilient".

-Mamta Kankan

कोशिश

जीवन परिवर्तन है, कभी ऊँच है तो कभी नीच है,
कभी हार है तो कभी जीत है।

पर तू कभी मत रुक.. क्योंकि तेरे हाथ में ही तेरी तकदीर है।
लक्ष्य को निर्धारित कर और चलता चल
क्योंकि जीवन गतिशील है, गर रुक गया तो मृतप्राय है तू।

परिस्थिति अनुकूल हो या प्रतिकूल
फिर भी कभी न तू रुक हर चुनौती को दे चुनौती तू खुद
तभी होगी समय तेरे अनुरूप और मिलेगी मंजिल
तुझेअनुकूल।

-गीता मिश्रा

उम्मीद

जिंदगी बिताऊँ इतनी अच्छी ,सूरज चाँद सितारों
जितनी सच्ची,
नीले आसमान में उड़ने की ख्वाहिश ने ,
इस कदर उड़ान भरली मैंने आसमाँ तक ,
बेहोश उड़ूँ मैं,पतंग लहराए जैसे कोई ,
फिर अचानक आयी एक तरंग अनोखी ,
गिर पड़ी जैसे हो फटी पतंग कोई ,
पर अब भी मैं अपने आप को ना गँवाना चाहूँ ,
भले हो उड़ान मेरी पतंग जैसी ,
पर गिरकर फिर संभलूँ ,मानों हो पानी की लहर कोई,
उड़कर गिरूँ ,गिरकर उड़ूँ ,जैसे
मानो डूबता सूरज मुस्कुरा दे,
फिर उगते हुए दुबारा हंस दे |
जिंदगी हो इतनी अच्छी ,जिंदगी हो इतनी अच्छी||

- शोभा कणसे



Fire Mock Drill And Fire Fighting Rescue Operation

To educate and make the students, teacher and staff aware about fire emergencies, fire mock drills were conducted as part of the fire and evacuation drill day at Sunitidevi Singhania School on Tuesday.

All the students, teachers, staff and security personnel were explained on how to respond to fire emergencies with ease.

The drill was performed to create awareness among the students about firefighting techniques and ways to respond swiftly in times of such emergency situations.

A fire alarm team, evacuation team, rescue team, firefighters team, first aid team, transportation team were formed to prepare students, teachers for such eventualities under the risk reduction programme.

The evacuation operation began moments after a fire alarm alerted the students. They were immediately evacuated from their classrooms and asked to gather at the assembly area.

It was organized to check the readiness of the school to face any such fire emergency and make the students and staff familiar with the fire-fighting rescue procedure.

The fire-fighters were armed with necessary equipment required for fire-fighting and rescue operators assisted the teachers and students in the mock fire and evacuation drill.



A magical, exciting and an adventurous School Field Trip 2022-2023

The Students from Grade 5,6,7, 8 and 9 had an amazing and educational trip to various places of interest – like the Forganic Farms, Karjat, Statue of Unity and Ahmedabad and Agra. The students had a lot to learn and share and they came back home with great memories. Here are a few glimpses of those wonderful memories made with School friends!















National Mathematics Day

The study of Mathematics, like the Nile, begins in minuteness but ends in magnificence.

Keeping this view in mind, Smt. Sunitidevi Singhania School, celebrated National Mathematics Day i.e. 22.12.2022. The programme began with a short introduction of legendary Srinivasa Ramanujan on his birth anniversary by a student of grade 8. In addition to this, students of grade 8 presented a beautiful skit on the significance of Mathematics in our lives, followed by a mesmerising dance with live singing performance. Moreover, students of grade 5 performed a wonderful skit representing 'Story of zero'. In order to create interest in students in Mathematics, various activities like Math rangoli, Math puzzles, BMI calculation, poster making on Math in real life/Tessellation-designs and face mask making using different Mathematical shapes were conducted across students of grade 5 to 8. It was fun-filled experience for the students. The school also organised Mathematics exhibition in which the students participated enthusiastically. The idea underlying these activities was to encourage logical thinking in students and love for the subject.





FUN WITH MATH.....
During Christmas Celebrations!

Students celebrated Christmas in a unique way where it coincided with National Mathematics Day. Students made geometrical shapes to make Christmas cards. Mathematics day is celebrated to commemorate the birth anniversary of great mathematician Srinivasa Ramanujan. Various practical activities were organized for students of classes I to IV. Class I enjoyed 'Units and Tens –Ice-cream cone', Class II enjoyed 'Mathematical Christmas card', Class III indulged in' Tangram patterns Christmas card' and Class IV students were engaged in 'Angle Studio – Art and craft in Mathematics'

The Mathematics day was celebrated with objective of creating awareness about importance of mathematics in day to day life situation and also to create students interest in studying the Mathematics.

Christmas is for joy, for giving and sharing, for laughter, for coming together with family and friends. The school wore a festive look with bells, streamers and a beautifully decorated Christmas tree. Santa came riding on a horse buggy. It was indeed a lot of fun seeing kids meeting Santa.

The essence of Christmas came alive when Santa Clause himself went into the classes giving away sweet candies to the students. The boundless joy of celebrating the festival was amply visible on the faces of the children .The delightful celebration included children coming in red party dress, bringing their favourite food in the lunch, dancing and sharing the merriment together.







Intra-Youth Parliament

Smt. Sunitidevi Singhania School organized a full day 2nd Intra- Youth Parliament event on the 1st October, 2022, at school premises to discuss “The economic situation post covid-19.”
The students of class 8 took part in the event as parliamentarians of both the Houses - Lok Sabha and Rajya Sabha. The entire event was divided into 3 sessions namely “Zero Hour”,” Question Hour” and “Legislative Business.” Every participant was mapped to an existing member of the Indian Parliament. They dressed and spoke based on the role allocated on various topics ranging from education, animal cruelty, safety of women and children, crime rates, the problems faced by the common man and much more. Impromptu topics too were tabled for discussion, debate and consensus. Some of the important topics were– the side effects suffered by our youth due to covishield. ‘Unemployment ‘, ‘poverty’ etc.
All the participants received a certificate along with trophies and, medals were distributed to the students who excelled. It was a rewarding experience for all participants – as students got an opportunity to practically experience the parliamentary proceedings and hone their leadership, team work, debating skills and sharpen their understanding of Parliamentary procedures.











Scouts and Guides Programme

The School Scouts and Guides Group provide opportunities for young students to get involved in their communities and develop important life skills. One of the key tenets of both Scouts and Guides is the importance of learning by doing. Members are encouraged to take an active role in planning and organizing their activities, and to learn from their successes and failures along the way. This approach helps young people develop confidence, problem-solving skills, and a sense of responsibility for their own lives and the world around them. Through their focus on character development, leadership, and practical skills, these organizations have helped millions of young people develop into responsible, engaged, and confident adults.

















SPORTS DAY - Bringing back the good old games of the bygone era, with the theme- Old is Gold!

Champions aren't made in the gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision.
Games and sports have become an integral element of present day education. They teach them the qualities of discipline, sportsmanship, team spirit and leadership. They also enhance the physical and mental development of children.
Sunitidevi Singhania conducted its fourth Annual Sports Fest amidst a lot of fun and frolic.
This sports fest was unique as we introduced 'Old id Gold' concept. In yesteryears, as soon as school was over for the day, there was always a rush to get home to play our favourite games. This was when technology wasn't so advanced and easily available.
Before everyone's attention was caught by technology, kanche (marbles), hopscotch, tyre rolling, stapu, blindfold catching etc. used to be the most popular games played by children.
We, at Sunitidevi Singhania tried to recreate the same experience for our students by introducing those games to them.
It was a beautiful experience seeing their curious eyes trying to understand the games and trying their hands on them.







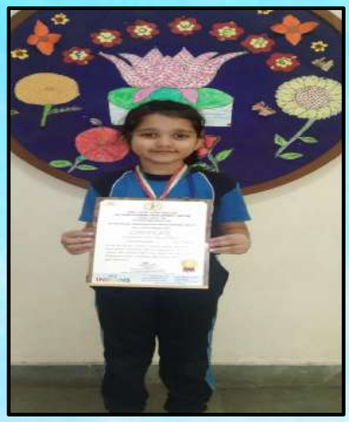




ACHIEVEMENTS



Kashish Tapadia
Sr.Kg
State Level
Competition:Kala Ratna
Award



Shambhavi Singh
Sr.Kg
State Level
Competition:Kala Ratna
Award



Nishka Manudhane
Sr.Kg
National level Competition
MaRRS Competition
Budding star
In Science and Humanities



Muktai Chivate
Class 1
Olympic Skating Mumbai
City Championships 2022.
Gold medal in Long race &
Silver medal in short race



Devahan Bhattacharya
Class 1
MaRRs Math Olympic
Rank 2



Tanvi Sonavane
Class 1
MaRRS National
Championship Rank 1



Reyansh Krishnan
Class 2
Gold
Medal-Abacus-Category B



Advika Kothari
Class 2
IEO International
Rank 1 + Gold Medal



Prisha Pendharkar
Class 1
International Shotokan
Karate Competition



ACHIEVEMENTS



Naksh Nisar
Class 2
He stood 5 in Asian championship held at krabi -oceanman Asian championship 2022 and selected for world championship for 2023



Svanay Amritkar
Class 1
First rank in Science and Humanities, Budding star in Math and Best performance award for Science and Humanities



Kanushi Agarwal
Class 1
Gold medal for Katas and Bronze medal for fighting



Sanvi Maheshwari
CLass 3
First prize State Level online Abacus Competition



Erawati Wagh
Class 3
District Level Athletics Competition Second Prize



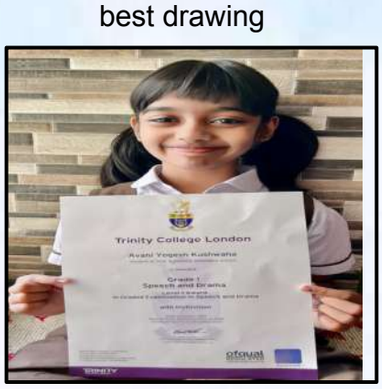
Ojas Kshirsagar
Class 3
Kala Ratna Award 2022 for best drawing



Kriyansh Gugale
class 2
Taekwondo State level first place



Mohang Telange
Class .4
Asia Book of Records - Fastest to memorise all colossal numbers



Avani Kushwaha
Class .4
Distinction in Level one speech and Drama from Trinity College Of London



ACHIEVEMENTS



Rudra Nisar
Class 4
National and International medals in open sea Swimming competitions.



Vrishin Shah
Class 4
8th National Abacus Competition,Rank -3



Nilay Patil
Class 5
Gold Medal SOF Cyber Olympiad



Kumar Aarav
Class 4
8th National Abacus Competition,Rank -1



Rishit Jha
Class 8
SOF International English Olympiad - International Rank 1-Gold Medal



Manit Pandey
Class 5
National Prelims MaRRS XPRESS MATHS - 2nd Rank



Aarush Khandelwal
Class 5
2nd position UCMAS State level Listening competition



Vihaan Tiwari
Class 8
SOF International Science Olympiad - International Rank 1-Gold Medal

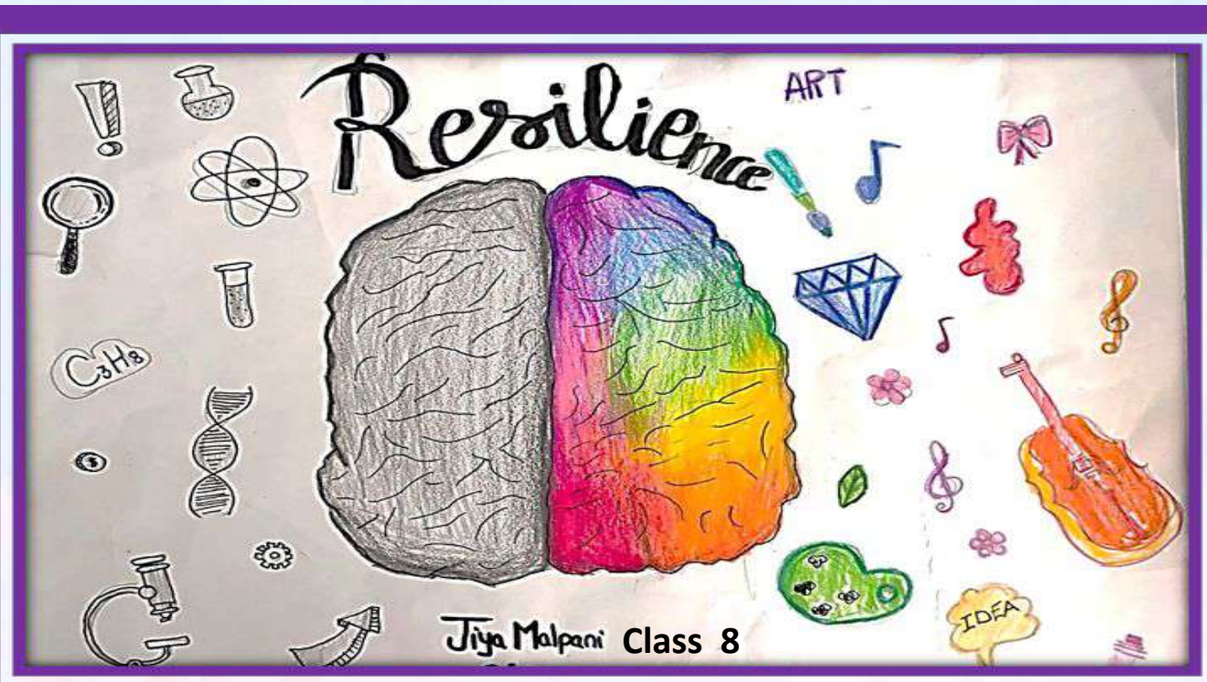


Our Synergetic Workforce -
So much more than just a teacher!





Saanvi Thakare
Class 7



Jiya Malpani Class 8



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