



# अंतर्चेतना

## Antarchetana - The awakening

A newsletter of Anandalaya, Mar-Jul, 2020 : Issue - 12



Dr. Verghese Kurien



“Just be Honest and REAL,  
there is no such thing as perfect”

कर्म ही पूजा.....



- Principal

### स्थापना दिवस के शुभावसर पर विद्यालय को समर्पित

आज स्थापना दिवस है आया,  
हर्षोल्लास संग लाया ।  
ज्योति, कांता ने सृजनात्मकता का पाठ पढ़ाया,  
अंजना ने यू ट्यूब पर झंडा फहराया,  
रामेश्वर ने गणित का ज्ञान बहाया,  
किशन और सुजीत ने विषय को रुचिकर बनाया ॥

डॉ. वी. कुरियन का समर्पण स्मरण हो आया ।  
चेयरमैन श्रीयुत् दिलीप रथ ने अक्षुण्णता का संदेश सुनाया।  
सुश्री विभा पार्थसारथी ने विद्यालय में बहुज की महिमा को दर्शाया।  
आज स्थापना दिवस है आया  
प्रफुल्लित हर विद्यार्थी हो आया ।

प्रधानाचार्य को नीति की प्रतिमूर्ति पाया ।  
उपप्रधानाचार्य ने कर्मठता का भाव सिखाया ।  
समिता और गोपाल के ज्ञान में भूगोल समाया,  
रूपाली ने इतिहास दोहराया,  
श्री रूपा ने विभाग को पूर्ण कर दिखलाया,  
सबने मिलकर सामाजिक विज्ञान में चार चाँद लगाया ॥

कुश और पल्लव के स्तंभों पर,  
शस्मिता और लक्ष्मी की उन्नत छाया,  
अर्चना, सारिका संग शीतल की महामाया,  
उत्कलित है सोनिया और योगिता अमाया ।  
व्यवसायिक अध्यापन मोना ने हमें समझाया,  
अंजना ने भी वाणिज्य को खेल बताया,  
सौरभ नीरू ने व्यायाम का महत्त्व समझाया ॥

मोली ने अंग्रेजी की महिमा को समझाया,  
कविता ने रचनात्मकता का रसास्वादन कराया,  
सुदेशना ने इसका मान बढ़ाया,  
रेचल, रूपल ने भी इसे परिमार्जित करना सिखाया,  
दीपक ने सहयोग का गुण सिखलाया ॥

आज स्थापना दिवस है आया ।  
प्रसन्नता का माहौल है छाया ॥

मधु- संगीता ने हिंदी का परचम लहराया,  
अलका ने संस्कृति का पाठ पढ़ाया,  
सौरभ - सुधाकर ने गुजराती-हिंदी को सौपान चढ़ाया ॥

शर्मा जी ने लक्ष्मी का महत्त्व समझाया,  
प्रशान्त और विमल ने पुस्तकों का भण्डार संजोया ॥  
कृष्णकुमार, शनमुगम ने विज्ञान का समीकरण बहुदर्शी कर बताया,  
बच्चूभाई, राजूभाई और गोताभाई ने उपवन को महकाया ।  
सुरेश भाई, कनु भाई ने ऑफिस चमकाया ॥

शैलजा और अरुणा ने विज्ञान में बहना सिखाया,  
गीना, फरीदा ने विषय को अति विशेष बनाया,  
शेषा ने फिजिक्स में ज्योति संग कमाल कर दिखाया,  
राखी, संपा ने भी हाथ बँटाया ॥

आज स्थापना दिवस है आया ।  
बह्प्रशंस्ति है आनंदालय की काया ॥

मिनेश, इन्द्रनील और विनोद ने  
यत्र, तत्र, सर्वत्र का भाव दिखाया ॥  
सभी के इस समर्पण ने विद्यालय को विख्यात कराया ।  
33 वाँ स्थापना दिवस फूला न समाया  
फूला न समाया ॥  
आज विद्यार्थी वर्ग भी है हर्षाया ॥

- अलका बालियान

## PRE SCHOOL

### Orientation for Parents

An Orientation Programme was organized from 10th June to 30th June 2020 for the parents of students from Kush, Pallav and class I. The meeting was arranged with all precautionary measures as per government directive, i.e., mandatory mask, social distancing and the use of sanitizer. Parents were called in small batch sizes of 7 per class, coming to a total of 21 parents each day.

The objective of the programme was to familiarize parents with school policies, introduce them to the new class teacher, to provide a comprehensive guideline regarding the new curriculum and to enable parents to manage children at home during the difficult time of COVID-19.



Teachers oriented the parents elaborately on the course content, the schedule of assignments that will be posted on the class group and how the parents should guide the child to accomplish the academic tasks. The teachers assured the parents of complete support for a smooth transition to the next class. The orientation programme concluded with a positive gesture from parents. They appreciated the efforts taken by team Anandalaya to orient the stakeholders.



## PRIMARY, SECONDARY AND SENIOR SECONDARY

### Teachers attended online Training COVID 19

Integrated Government Online Training (iGOT), a government platform, provides the COVID-19 iGOT Health Training module on flexible time and on site



basis so that COVID response can be delivered on a large scale for the workforce needed to tackle the current pandemic. As a part of NCC

training, ANO T/O Neeru Choughule of 4 Guj(G) BN. NCC, VV Nagar and Captain Saurabh Kethulikar of 13 Boys Guj BN completed their training of COVID-19 iGOT Health and received certificates. Both the ANOs helped all the staff members of Anandalaya to complete the training on Basic COVID19 training programme. The training included videos on basics of COVID-19, distribution of relief material, distribution of food and FAQ's.

### Mathematics Webinar:

A webinar on the subject Mathematics titled 'What



Needs to Change in Mathematics Education in the 21st Century' was conducted on 17th June 2020 by expert trainer Ms.

Aashalata

Badami. Mathematics teachers Ms. Kanta Biswas and Ms. V. Jyothi attended the webinar which threw light on why, what and how Math classes need to change in a world where technology is advancing and changing rapidly. Ms. Badami emphasized on teachers focussing more on the three major aspects of critical thinking, problem solving and creativity as well as interdisciplinary approach to help students think differently and critically.

The learning from the webinar was shared by both the teachers with the entire staff on 22nd June 2020 in the A.V.Room.

### Orientation on G Suite

With a far-sighted vision, the school created its domain on the reliable Google G-Suite services platform to impart online teaching securely. Teachers were given training from 8th June 2020 to 10th June 2020 on how to handle the tools and features of G-Suite classes. Online classes were organized for classes VII to IX on G-Suite beginning from 11th June 2020. Classes X and XII which were being taught through Cisco Webex platform were also effectively transitioned to the G-Suite platform. Now all the classes from class III to XII are smoothly being conducted on the G-Suite platform. Each staff member and student has an email id with @anandalaya.ac.in domain name.

### Training of Teachers on using G-Form for online test

Teachers' Training for G-Suite tools was imparted by Vice Principal Mr. Tejash Kumar Desai on 23rd June 2020, 26th June 2020 and 29th June 2020 in the AV Room. Fourteen teachers voluntarily attended the workshop.

The training covered the following aspects of Google Form as a test tool:

- Accessing Google Forms
- Creating a Google Form
- Sharing a Google Form
- Viewing responses as a summary
- Viewing responses individually

Demonstration cum instruction method was used to train the teachers who then tried their hands on framing and sharing tests using Google form.

### Result of A.R. Rao Geometry Competition- 2019

The result of prestigious Prof. A R Rao Geometry Competition 2019 conducted in December 2019 was declared on 1st February 2020. This competition is conducted every year for the students of class X. All total 17 students have participated this year. Anandalaya students brought laurels to the school by their splendid performance. The result is as follows:

Master Saahil Sheel Dholakia secured I prize

Master Rutu Bhandari secured II prize

Master Manav Gabra secured III prize

Miss Amanyah Shah and Master Jay Gondaliya received encouragement prizes. These prizes were awarded to participants under the Vidyanagar centre.

## NCC Activities – 4 Guj Girls BN VV Nagar

The NCC wing of Anandalaya -4 Guj Girls BN VV Nagar, took an initiative for spreading awareness against COVID-19 by distribution of masks and spreading the message of how important masks are to fight it. All ANO's from the battalion took part in this programme.

### Presentation of CBT for NCC

Presentation of CBT for cadets was done by ANO T/O Neeru Choughule under 4 Guj Girls BN VV Nagar on the topic 'Treatment and Care of Wounds' COVID-19 Awareness Programme.



A variety of posters and videos were created by Anandalaya NCC cadets for spreading the awareness on COVID-19 during lockdown under the guidance of ANO T/O.

**International Day of Yoga :** Anandalaya NCC Girls Cadets and ANO T/O Neeru Choughule under 4 Guj Girls BN VV Nagar enthusiastically participated in celebrating the 6th International Day of Yoga and performed various yoga poses with the theme 'Ghar Ghar Mai Yog'.

**13 GUJ BN NCC, V.V.Nagar :** The following activities were done by Anandalaya NCC Cadets and ANO (Associated NCC Officer) during the Lockdown period. The details of the same are given below:

## NCC Yogdan Programme



The NCC Group Head Quarter Vallabh Vidya Nagar with the help of the entire Battalion (Anandalaya) organized a social service programme with senior NCC Cadets and ANO along with the Army Staff to help the local administration and Anand Police to spread awareness about maintaining social distance, under the guidance of DG NCC, New Delhi. From Anandalaya, Captain Saurabh M Kethulikar (ANO) on 28th- 29th April, 2020 maintained the protocol with absolute sincerity.

**AAROGYA Setu and iGOT Diksha :** As per instructions by the 13 GUJ BN NCC, VV Nagar all the boy NCC cadets downloaded both the applications on their mobile phones and completed training to equip them to fight against COVID – 19 on 23<sup>rd</sup> April, 2020.

**Selfie With Mask :** An activity 'Selfie with Mask' was organised by 13 GUJ BN NCC, VV Nagar for boy NCC cadets. All the cadets participated and sent their photographs to the unit on 24th May, 2020.

**Video Blog Contest :** Honourable Prime Minister Mr. Narendra Modi had announced a Video Blog Competition for general public where in participants were asked to make a 3 minute video blog about yoga and upload it on social media platform with the hashtag "My Life Yoga" and tag it to Ayush Ministry. Two cadets from Anandalaya Master Param Jani and Master Dharmik Gupta were selected from the 13 GUJ BN NCC. They made videos of various yoga poses. Both the videos were sent for the competition through the Boys Unit to the Ayush Mantralaya, New Delhi on 15th June, 2020.

### International Day Of Yoga 2020



All the NCC Cadets participated in "Yoga from Home" on 21<sup>st</sup> June, 2020.

### Online Training by NCC Officers

A Webinar on “COVID – 19 – Role of youth and Volunteers” (Organized by Ahmedabad NCC Directorate) – This online webinar was attended by Anandalaya ANO Captain Saurabh M Kethulikar on May 08, 2020 from 09.00 am to 12.00 noon. This webinar was conducted by Dr. Chintan Pathak (Asst. Professor-cum-Programme Manager and Coordinator).

### SAI, CBSE AND KHELO INDIA

Ms. Neeru Choughule and Mr. Saurabh Kethulikar, Physical Education teachers attended several training programs jointly organized by CBSE Sports Authority of India and Khelo India during 1<sup>st</sup> June 2020 to 30<sup>th</sup> June 2020 on the following topics listed below:

- How to conduct Sports & Physical Education Activities Effectively in School post COVID
- Fitness Assessment of School Going children
- COVID Safe Sports Coaches & Official Certificate
- Physical activity and Immunity.

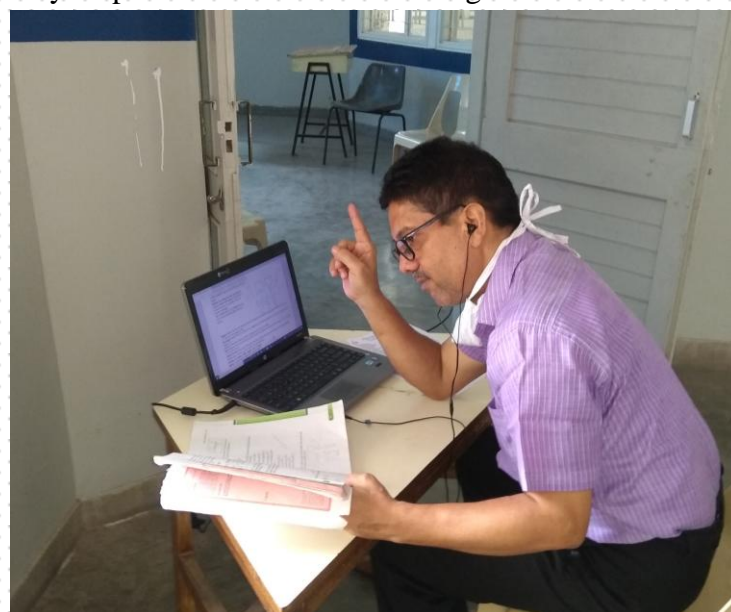
### Report on Online Classes

In the spirit of necessity being mother of invention teachers had no choice than to innovate and accept information and communication technology in teaching learning process. Teachers at Anandalaya started online teaching in phased manner starting with mock classes among teachers and learning from ICT group of NDDDB. The online classes were started since 8<sup>th</sup> April 2020 for class X and XII whereas study materials in the form of videos and PPT and notes were posted on Whatsapp groups.

Teacher allowed students to post their queries and doubts in the group and gradually online class for the middle school was also commenced.



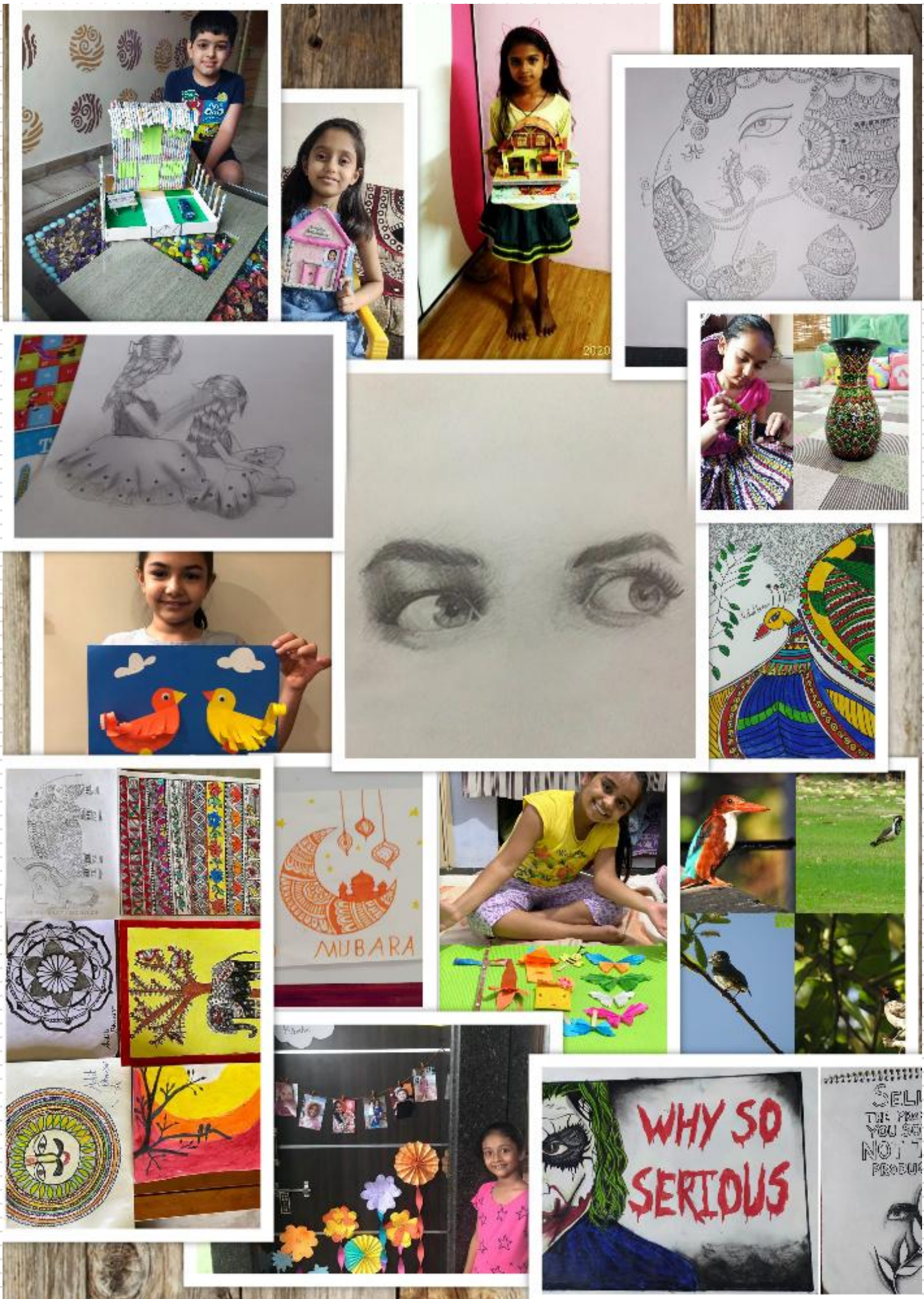
Peer learning was experienced by the teachers where they helped each other in conducting online classes.



At present online classes are conducted for students of III to XII and study materials are posted for students of classes Kush to XII.



## Students Activities during lock down



## It's just a virus

A virus, that's what has wreaked havoc, one tiny virus.  
It seems apparent to some, that it will inevitably defeat us.  
Yet, it is said, challenges are inevitable, but defeat is not.  
Therefore we must overcome this virus, no matter what.

For not only do the lives of ours lay in our hands,  
But also of those who will hence nurture our lands  
After all, it's just a virus, one tiny virus!  
We must defeat it, the onus is on us!

Our coronawarriors we salute.  
Unbroken is their heart, resolute.  
Doctors and nurses and police.  
Their families they greatly miss,  
Yet these brave-hearts labour,  
In the midst of enormous danger.  
Not only ready to live for us,  
But also, if needed, to die for us.  
Let's make sure their lives and deaths don't go in vain:  
Stay home, keep the distance and hence break the chain.  
After all, it's just a virus, one tiny virus!  
Stand strong, and it will crumble before us!

Millions of cases and lakhs of deaths, but also millions of recoveries.  
Some relief for ourselves among the unending expanse of worries.  
Throughout all this darkness, there is a spark of hope.

For a small time alone, we must learn to cope,  
For the sake of all humanity, both now and to come,  
We must fearless and firm and unfaltering become.  
But from this pandemic, a lesson we must learn,  
In memory of those whose lives it has torn:  
Try all you can and hope for the best  
But most importantly, prepare for the worst!  
Then only can humans prevent such disasters,  
And, of their own fate, become masters.  
After all, it's just a virus, one tiny virus!  
Have hope, and we shall emerge victorious!

Composed by:  
Rushil D. Patel

## The awakened citizen program by Ramkrishna mission , New Delhi

The awakened citizen programme by Ramkrishna Mission conducted an online session for class VI A and B on 15th July 2020. The topic discussed was 'Developing faith in our infinite possibilities.' The session was conducted in the presence of our Principal Shri Pawan K. Sharma.



The objective of the programme was to find out the ways to awaken the infinite power within us and also to accomplish goals and ways to improve every individual (student).



It was an interactive session. The presenter Mr Harshit Soni asked few questions to the students. Each and every student responded enthusiastically. The presenter also added some inputs in their answers. He also affirmed that every answer given by the student is acceptable.

## Orientation on Career and Guidance

An online Career and Guidance orientation session was organized for students of classes IX, X and XII on 2nd June 2020 from 10:00 to 11:00 am. The session was conducted by Vice Principal Mr. Tejash Kumar Desai in which information about various career avenues available after class XII was discussed.

## International Day of Yoga



The 6th International Day of Yoga was celebrated by the students and staff of Anandalaya in a unique way. While staying safe in their homes, the yoga enthusiasts followed the International Yoga Protocol in doing yoga at the same time as it was held last year. They then sent pictures and videos of their efforts to the PE teachers and to school via Whatsapp and email.



This important day was celebrated in true spirit in line with the theme "Yoga for Health - Yoga at Home"

### 33<sup>rd</sup> School Foundation Day Celebration

The 33<sup>rd</sup> Foundation Day was celebrated on 11<sup>th</sup> July 2020. Dignitaries from NDDB, GCMMF and IRMA graced the auspicious occasion. The celebrations began with lighting the lamp by the dignitaries. This was followed by tree plantation by all the dignitaries and house members at different locations in the school premises. A short cultural programme presented by the staff members was the icing on the cake. Teachers portrayed their hidden talents and made it a memorable day for the entire Anandalaya family. The Principal Shree Pawan Kumar Sharma addressed the staff and together all pledged to take Anandalaya to a greater height.



### 11<sup>th</sup> July 2020 Foundation Day Activities

Various competitions were organized for the children on the occasion of the 33<sup>rd</sup> school Foundation Day. A total of 306 students participated in the event through e-platform.

SR. No.	Class	Activity	Topic/Theme	No. of Participants
1	I & II	Drawing and Painting	My School Anandalaya	56
2	III to V	Plantation (video with environment message)	Any Plant Sapling	56
3	VI to VIII	Self composed poem in English Hindi and Gujarati	English- 'My School Anandalaya' -मेरा विद्यालय -આનંદાલય -મારી શાળા અનંદાલય	English -35 Hindi - 22 Gujarati - 06
4	IX to XII	Slogan Writing in English and Hindi	My School Anandalaya	English -89 Hindi -41

#### Drawing Competition (Class I)

1 <sup>st</sup> Ameya Patel	2 <sup>nd</sup> Princy N Patel	3 <sup>rd</sup> Nimay Patel
1 <sup>st</sup> Yukti Patel	2 <sup>nd</sup> Rishita Bhojpuri	3 <sup>rd</sup> Kesha Shelat

#### English Self Composed Poem Competition (VI-VIII)

Position	Name of the students	Class	Section
1	Diya Singh	7	A
2	Kanav Dholakia	7	B
3	Eshitta Kherde	7	B

#### Hindi Self Composed Poem (VI-VIII)

Position	Name of the students	Class	Section
1	Tejash Kumar	7	B
2	Aarav A. Balyan	6	A
3	Juhi Panwar	8	A

#### Gujarati Self Composed Poem (VI-VIII)

Position	Name of the students	Class	Section
1	Ritam Kubavat	7	A
2	Nishka Shah	8	A
3	Shrijit Pawar	8	A

#### English Slogan Writing (IX-XII)

Position	Name of the students	Class	Section
1	Bhumika Agrawal	9	A
2	Avantika Nikhilesh	10	A
3	Vihaan Vyas	9	A

#### Hindi Slogan Writing (IX-XII)

Position	Name of the students	Class	Section
1	Aashtha Macwan	10	A
2	Punita Lodha	9	A
3	Diya Sharma	10	A