



अंतर्चेतना

Antarchetana - The awakening

A newsletter of Anandalaya, Mar-Jul, 2021 : Issue - 16



Dr. Verghese Kurien



Dear Readers,

Greetings from Anandalaya for your well being in this unprecedented, difficult time.

“Every adversity brings challenging opportunity to overcome with wisdom and adaptation”

The prevailing tantrums have already taught lessons to be more responsible than ever in every walk of life. Mundane thoughts and irresponsible acts will only land us in stress and anxiety. Most important task at hand is to cope up with it and sail through this turbulence with resilience and patience. The social connect between the teacher and the taught is very much missing. Let us capitalize on the possibilities of positive outcomes. If we look back we can surely admire the enhancement in our technological acumen adjusting well with the current scenario around us. It has helped us to explore and implore the self learning with perseverance and patience. It has provided us an opportunity to get engaged into more practical way of life.

The teaching-learning landscape has been transformed from triangular to circular with the addition of numerous resources. It has provided us an opportunity to collaborate and share the best practices for the real learning outcomes to be achieved. Focus must be to step forward with adaptability and flexibility to the apt transformations rather than the addiction of certainties. Let us not live with the fallacies to replicate the physical classroom space online and unmindful usage of technology where it is not needed. Let us be more compassionate and empathetic towards each other to make the learning experience more worthwhile. Let us cherish the hope that the blots of these troubled times fade quickly and only the positive learning remains with us for a better tomorrow. This can be achieved only through our “attitude and behavior” towards life acquiring the spirit of faith that we would defeat these difficult times. Encourage yourself with the smile of cheerfulness and humour with resilience to win over.

“Trust the self-belief, stronger than ever, Behave with self discipline,
Beget good health, harmony and happiness to dwell with”.

Pawan Kumar Sharma
Principal

PRE PRIMARY



Orientation Programme

An orientation programme was conducted during 5th & 9th April 2021 for the academic session 2021-22. The objective of this programme was to provide a welcoming atmosphere and start a collaborative journey to build a healthy partnership with the school. A comprehensive understanding of school policies and preschool curriculum was given to parents.



Further, parents were introduced to all the pre-school teachers; different teaching-learning techniques were shared to enable the parents to manage children at home during the difficult time of COVID-19. Parents appreciated the efforts of team Anandalaya to orient the stakeholders.

“Hygienic Children; Happy Children”



A project to reinforce personal hygiene habits was taken up by the kindergarten children in April. Children collected things used to maintain good hygiene and demonstrated their use; this in turn motivated them to practice hygiene in their day-to-day life.

“My Animal Friends”



Children explored and collected information on their favourite animal and compiled it in a creative way. Through this project, they gained an in-depth knowledge about the characteristic features of their favourite animal. They also developed sensitivity and compassion for these living creatures and understood the significance of coexisting harmoniously.

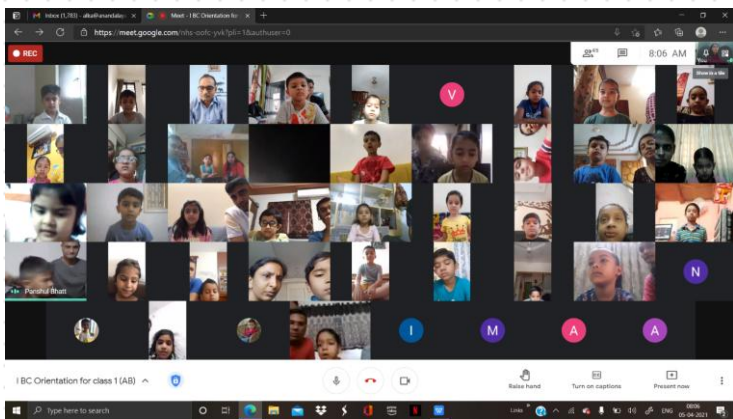
PRIMARY, SECONDARY AND SENIOR SECONDARY

Talk on COVID-19 Protection by Dr. Someshkhar Nimbalkar



The ongoing pandemic has been posing hitherto unseen challenges for all. One of these challenges is being faced by the education fraternity with virtual classes becoming the new normal. With a view to equip teachers of Anandalaya for the post pandemic reopening of schools, Mr. Pawan Kumar Sharma, Principal, invited Prof. Dr. Someshkhar Nimbalkar, Associate Dean (Research Services) and Professor of Pediatrics and Neonatology at Pramukhswami Medical College on 1st April 2021 to address teachers and staff of Anandalaya on ‘COVID-19 Guidelines for Safe Schools’. In his hour-long talk Dr. Nimbalkar spoke on topics like immunization for children against COVID-19, the right time for schools to safely, measures to be taken before students can return to classrooms and related topics. This was followed by a Q&A session in which Dr. Nimbalkar answered teacher queries related to efficacy of COVID-19 vaccination, and COVID appropriate behaviour etc.

Orientation Programme for Class I



An online orientation programme was organized on 5th April 2021 for the parents of class I. The orientation programme focused on introducing the parents to the respective subject teachers, to share the curriculum of various subjects, to acquaint parents with the framework and processes of online classes being conducted for the students. Teachers Ms. V. Jyothi and Ms. Alka Balyan emphasised on the value of discipline and regularity in attending online classes and the need for involvement of parents in the learning process of their wards. The objective was to create a foundation for a positive relationship between parents and the school.

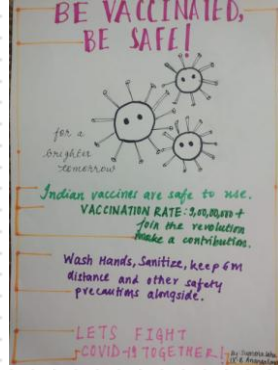
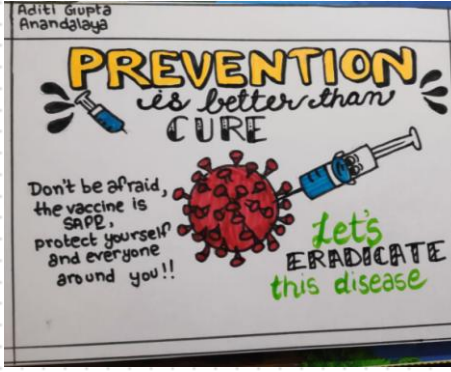
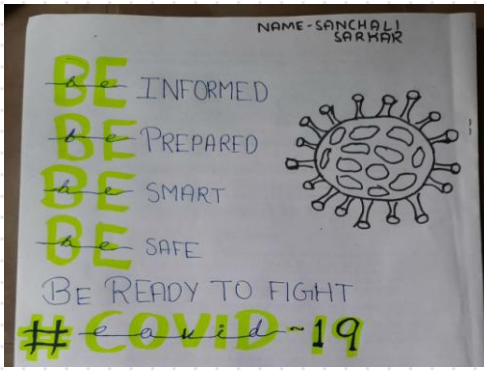
NCC- Permanent Instructor Orientation Course



The NCC Group Headquarter, Vallabh Vidyanagar organized a training programme “PIOC- Permanent Instructor Orientation Course” for their staff. The training programme was conducted by the four ANOs (Associated NCC Officer) of 13 Gujarat Battalion. From Anandalaya, Mr. Saurabh M Kethulikar delivered four lectures to the trainees on the topics listed below:

SRN.	DATE	TOPIC
1	April 08, 2021	Drug Abuse & Trafficking
2	April 08, 2021	Digital India
3	April 15, 2021	Introduction of RDC (Republic Day Camp) & Various Activities in Camp
4	April 15, 2021	Selection of Best cadets at all levels

NCC- Awareness on COVID appropriate behaviour



The first year cadets of NCC Girls wing of Anandalaya, 4 Guj Girls Battalion, spread awareness about the benefits of Corona vaccination in preventing COVID-19 infection. For this they prepared posters on various aspects of vaccination.



They prepared posters and recorded videos, highlighting the correct way to use masks and other measures to prevent the spread of COVID-19 infection.

Earth Day Celebration

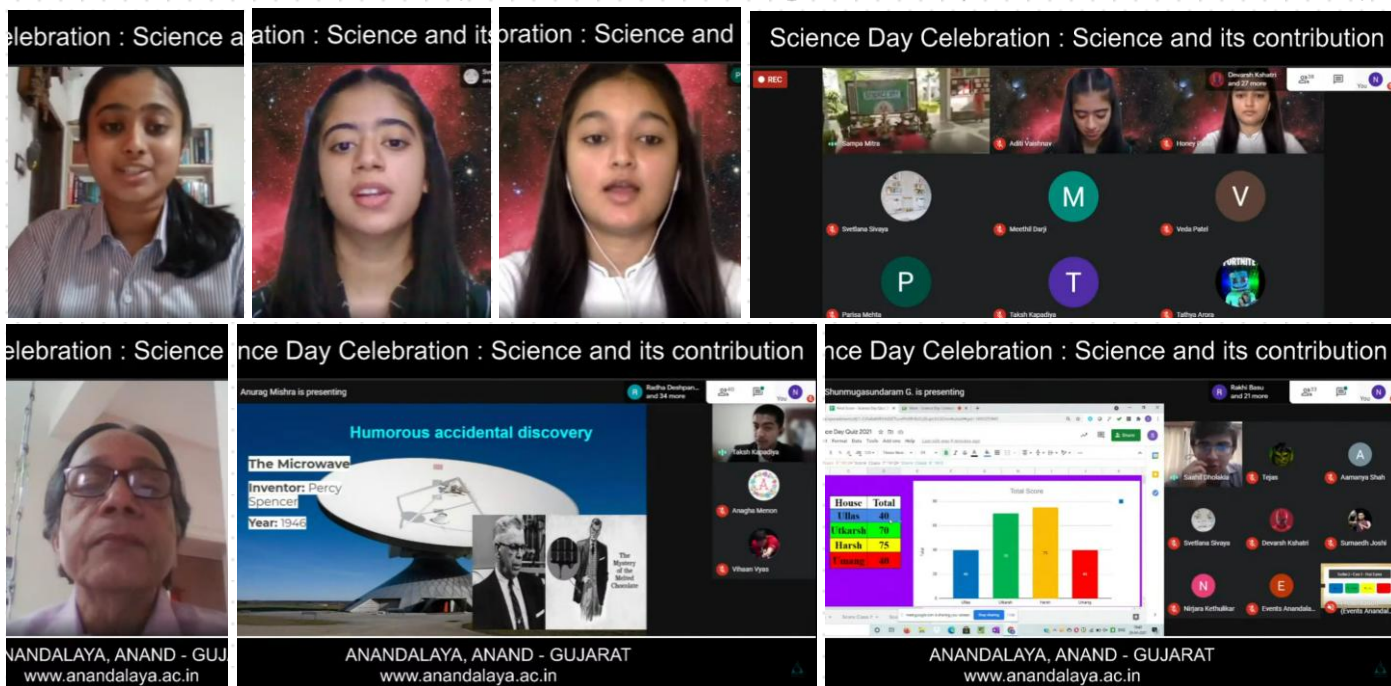
Earth Day is celebrated on 22nd April every year to raise awareness about our responsibility towards nature. To celebrate the day this year, a tree plantation drive was organised on Anandalaya school premises. Mr. Pawan Kumar Sharma, Principal, Mrs. Neeru Choughule along with all the activity teachers planted saplings in the school premises.



NCC girl cadets of Anandalaya also participated in this initiative and planted saplings around their homes.

Science Day Celebration 2021

The National Science Day (NSD) is celebrated on 28th February every year. It was decided to celebrate it during April this year due to changed academic schedule in view of the ongoing pandemic. The NSD was virtually celebrated on 29th April, 2021 by the students of Anandalaya.

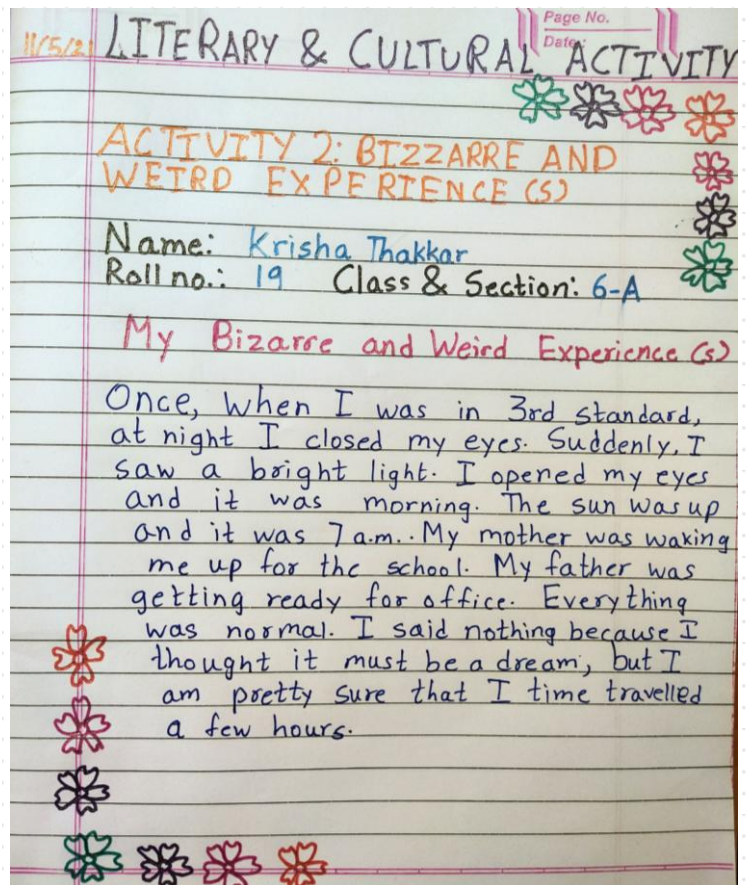
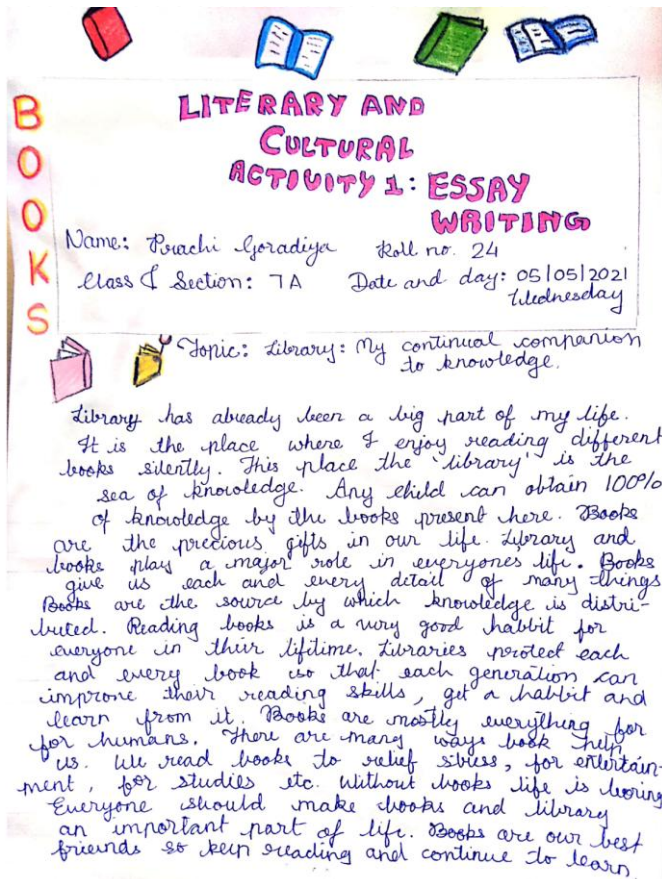


The programme commenced with lighting of the ceremonial lamp by Principal Mr. Pawan Kumar Sharma and members of science faculty. The Principal welcomed the chief guest Prof. K.N. Joshipura and highlighted the importance of science and technology in day-to-day living. Prof. K N. Joshipura, former Head, Department of Physics, as Chief Guest, addressed students and teachers on the topic “Hundred Years of a Golden Decade of Indian Science 1921-1930”. He inspired the students by narrating about the contribution of eminent scientists and the rise of giants like C.V. Ramam, Meghnad Saha and S.N. Bose. Students of classes IX and X presented the works of Nobel Laureate scientists they study about in their curriculum. Ms. Aditi Vaishnav and Ms. Honey Patel from class XII hosted the programme, beginning with a presentation on science activities done at home by students of classes III to V. An Inter House online quiz programme for students of classes VI to VIII conducted. After the screening round, the final quiz programme was conducted live by students of class XII - Ms. Radha Deshpande, Ms. Kanika Verma, Master Saahil Dholakia, Ms. Nirjara Kethulikar and Ms. Aamanya Shah under the guidance of Mr. Alpeshkumar Shah and Ms. T. Jothilakshmi. Harsh House bagged the first position, Utkarsh House secured the second position, Ullas House stood third and Umang House secured the fourth position in the final quiz.

NCC - Webinar on ‘Precautions-Do’s & Don’ts to be observed during Covid-19’

Mr. Saurabh M. Kethulikar conducted a webinar on behalf of 13 Guj Battalion NCC on ‘Precautions- Do’s & Don’ts to be observed during COVID-19’ on 31st May 2021. This programme was graced by the battalion’s Commanding Officer Col. Kaushik Goswami and Administrative Officer Col. Shamsheer Singh. Mr. Kethulikar highlighted all the important day-to-day measures to be taken to prevent the spread of COVID-19 infection. ANOs, Senior and Junior Cadets from schools and colleges attended the webinar.

Library Activities Organized during Summer Vacation, 2021-22



During the summer vacation, a series of literary and cultural activities were organised by the junior and senior libraries to encourage students of classes I to VIII. This was done to help students explore their creative interests using resources available in school, to inculcate reading habit and to help them communicate their thoughts and experiences on a given topic, thus aiding their overall personality development.

Following is the list of activities:

- Face A Book
- Book Mark Making
- Share a Story
- Complete The Story
- Book Review
- Essay Writing
- Share Bizarre or Weird Experience(s)



These activities were designed so as to gradually lead students to get involved in reading and related activities. Students were excited for the innovative activities thoughtfully designed by Mr. A. Prashant and Mr. Vimal Parmar.

Webinar by Mrs. Vibha Parthasarathi

With the objective of sensitizing teachers of Anandalaya to extend emotional and moral support to students during the pandemic, an in-house workshop in the form of a webinar was organized here at Anandalaya on 7th June 2021.

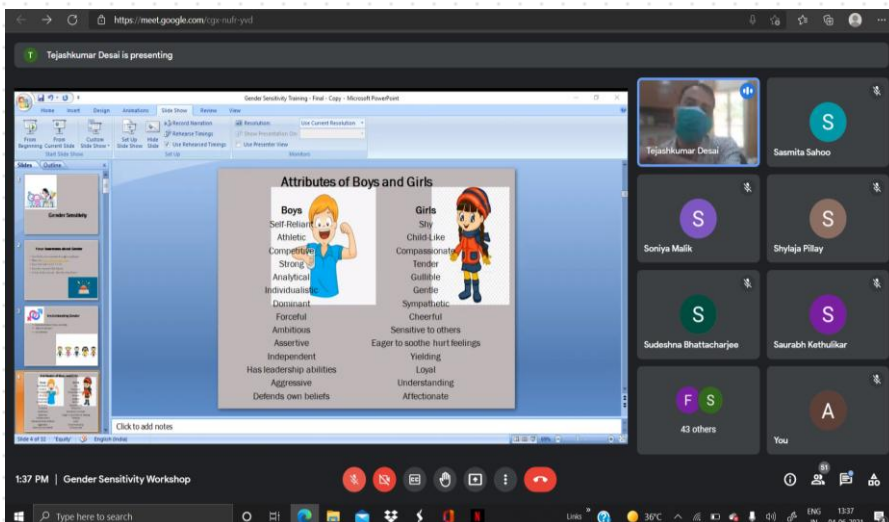


The workshop commenced with the welcome address by Principal Mr. Pawan Kumar Sharma for Mrs. Vibha Parthasarathi, former Educational Consultant and founding Board Member, Anandalaya Education Society. In her introductory speech, Ms. Samita Majumdar expressed her gratitude to Mrs. Parthasarathi for her contribution in establishing Anandalaya - a school with a difference, through various workshops, grooming of teachers right from the inception, in association with Dr. Kurien.



Ms. P. V. Shesha shared her experience with Mrs. Parthasarathi, reminiscing about various workshops conducted by her in which she emphasized the values of courage, motivation and confidence. Mrs. Parthasarathi addressed the participating teachers and staff of Anandalaya about the internal and external happiness of a teacher as well as each child. She narrated a brief history of the foundation of Anandalaya and emphasized the role of teachers in helping students cope with the impact of the pandemic. She encouraged teachers to provide a comfortable space for students to share their thoughts and feelings. Mr. Tejashkumar H. Desai, shared his reflections at the end of the webinar and shared interesting details from all his interactions with Mrs. Parthasarathi. Ms. Alka Balyan recited a poem composed by her on the contribution of Mrs. Parthasarathi in the school's development. At the end, she proposed a vote of thanks to the highly esteemed guest, the Principal, Vice Principal, staff in-charge of logistics and the participants.

Workshop on Gender Sensitivity



On 04th June 2021, a workshop on Gender Sensitivity was conducted by Shri Tejashkumar H. Desai, Vice Principal, Anandalaya. The session started with a quiz on Mentimeter and discussion on 'Sex is biological and universal, but gender is a social construct that varies from society to society'. The online training aimed to equip teachers with knowledge, skills and attitudes to help them

proactively promote gender equality in the classroom. He suggested regular reinforcement for better sensitization. He stressed that one can build a society that is rich in values and provides equal opportunities to both males and females.

Workshops by Gyan Sarovar Sahodaya 2021

Sahodaya is a concept literally meaning 'rising together', developed by CBSE to facilitate synergy of ideas among the schools of CBSE for excellence in education. For achieving this aim, workshops for various subjects were held in the month of July 2021 for all levels. The interesting feature of these online workshops or webinars was to introduce teachers to new platforms like Kahoot and Padlet where students have an opportunity to share, interact and use innovative ways to learn, discuss techniques of effectively handling online classes by making each class interesting and interactive. Teachers were also introduced to ways of using augmented reality while conducting activities with materials readily available at home.

World Environment Day –Quiz

To mark the World Environment Day, an online quiz was conducted for students of classes V to VIII on the reopening day, 10th June, 2021. The quiz consisted of 25 questions. Students participated with great enthusiasm. The first two winners for each class are as follows –

Class V

1. Daivik Singh - VB – 21
1. Diya Paraskumar Patel - VB – 21
2. Raaga Hetal Patel - VB – 20
2. Rudrani Arabinda Karmakar - VB – 20

Class VI

1. Ansh Sumit Kumar Patel - VIA – 24
2. Dhvani Daxini - VIB – 23
2. Khushi Yallaraddiyavar - VIB – 23

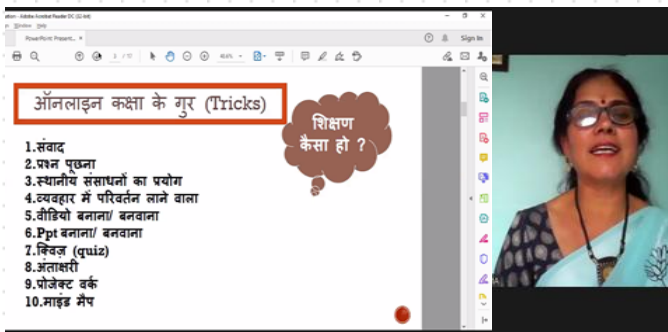
Class VII

1. Shubham Patel - VIIB – 24
2. Dhvani Panchal - VIIA - 22
2. Parita Brahmhatt - VIIA – 22
2. DRS Saipoorvika - VIIB – 22
2. Saumya Dipeshkumar Bhat - VIIB – 22
2. Vraj Mehul Nathwani - VIIB – 22

Class VIII

1. Fatima Zuberi - VIIIA -24
1. Svetlana M. Sivaya - VIIIB – 24
2. Arya Yogeshchandra Adalkhiya - VIIIB - 23
2. Samruddhi Umapati Hegde - VIIB – 23

आभासी शिक्षण की चुनौतियाँ



जान सरोवर सहोदय द्वारा १०-०६-२०२१ को 'आभासी शिक्षण की चुनौतियों' पर कार्यशाला का आयोजन अध्यापन की गुणवत्ता में संवर्धन करने के उद्देश्य से कक्षा छठी से आठवीं के लिए किया गया। कार्यशाला की अध्यक्षता करते हुए डॉ. मंजू शर्मा जी ने पठन एवं लेखन कौशल की नींव सुदृढ़ करने के लिए अभिनव गतिविधियों से शिक्षक वृंद को परिचित करवाया। आभासी शिक्षण के गुर को प्रखर करने के परिप्रेक्ष्य में अध्यक्षा जी ने परिचर्चा हेतु शिक्षक वृंद को विवेकशील मंच प्रदान किया। डॉ. सुधाकर लाल श्रीवास्तव एवं श्रीमती अलका बालियान जी ने विद्यालय में इन उप-विषयों को क्रियान्वयन हेतु आत्मसात किया।

7th International Day of Yoga Celebration



On 21st June 2021, the 7th International Day of Yoga was celebrated in the new-normal manner with physical distance yet digital closeness by the students and staff of Anandalaya. On this occasion a special assembly was held in which all the staff members, under the guidance of yoga instructor Ms. Vidita Majmudar, performed various yogasanas as per the standard protocol. She urged the staff to adopt yoga for improved respiratory health and enhanced immunity and wellness. All the staff members took a pledge to integrate and encourage yoga through life. Mr. Pawan Kumar Sharma, Principal in his speech, highlighted the theme for this year's IDY 'Yoga for Wellness' in leading a fulfilling life.

The Awakened Citizen Programme Workshop 2021

A training session for teachers participating in the Awakened Citizen Programme was organised by Shri Ramkrishna Mission, New Delhi in collaboration with knowledge partner Illumine. The two-day workshop held on 2nd-3rd July 2021 was conducted by resource persons Mr. Darshan Ranapara and Mr. Harish. They discussed the programme curriculum and shared tips on how to achieve conceptual mastery and development as programme facilitator. Ms. Rupali Nandy and Mr. Saurabh Daniel attended the workshop.

Kargil Vijay Divas Celebration



'Kargil Vijay Divas' is celebrated on 26th July every year to remind the nation of the sacrifices and valour of the soldiers who took part in operation 'Vijay'. Each year the NCC cadets are educated about this day and its significance. To instill in them patriotism and pride for the soldiers, Anandalaya NCC Cadets under 4 Guj Girls Battalion V.V. Nagar made gratitude cards for soldiers under the guidance of Mrs. Neeru Choughule. The theme for this year's celebration is 'Kargil Ke Veeron Ko Gujarat Ka Aabhar.' These cards were sent to the Directorate to be forwarded to the soldiers stationed at the borders.

34th School Foundation Day Celebration 2021



The students, staff members of Anandalaya celebrated the 34th School Foundation Day on 11th July, 2021 with great enthusiasm. It was a festive day for all the students and teachers. The programme commenced with the lighting of the ceremonial lamp by the dignitaries, the Principal and all the Board members of Anandalaya. This was followed by plantation of saplings in line with ‘Stay Green, Breathe Clean’ concept. House Parents along with House teacher members participated in the plantation.



A variety of performances such as ‘Ganesh Vandana’, a group song and a presentation ‘A Journey to Cherish’ were showcased by the students. This programme led all the members of Anandalaya revisit old memories as the journey traversed through each facet of Anandalaya’s development. It highlighted the glorious history in academics, experiential learning, sports, NCC, library activities and multi-purpose hall and their contribution to the expansion of education for all involved. The Principal Mr. Pawan Kumar Sharma delivered a speech inspiring each member of Anandalaya to reach greater heights. The programme was streamed live on the school’s Youtube channel.

