



अंतर्चेतना

Antarchetana - The awakening

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Get Better during School Holidays

In the previous issue we discussed about how to prepare for the year-end examination. Now let's talk about preparing for the much-awaited time of the year - school vacation. Sure, there are games to play, movies to watch, and friends to hang out with. But there are also plenty of other productive things to do during the holidays.

The mention of the word 'vacation' transports you to a world of happiness, with no worries and no schedules to follow. You could possibly enjoy your holidays to the hilt or, you could enjoy thoroughly and still squeeze some time for activities you had eyed wistfully in the course of the busy school year. In this issue, we have put together a list of activities and small courses that you can use and gain precious skills from.

But there will be some students who totally disagree with this idea of participating in an activity, argument being that you've worked all through the year, so, you must take a well-deserved break. There is a reply to this too- in this age of multitasking and gaining multiple skills, as an individual who belongs to Generation Z or iGeneration, garnering skills on the basis of ones' interest is what will set you apart from the crowd.

So here is a list of things a student - for that matter anyone- can do to put leisure time to good, rather, great use. While doing so, you might discover a few things about yourself and, chances are, discover your true calling. Let's take a look at this list which can engage your head to keep your heart happy.

1. **Contemplate on the year gone by** :Take a pen and paper and answer these three questions: What did I gain last year academically? In which area did I not do well last year? What is it that I can do next year for an improved performance? In addition, start diary writing and keep at it.
2. **Watch educational YouTube videos on**: MinutePhysics, AsapSCIENCE, ZeeQ India, Nptelhrd, Learn Engineering, Kauser Wise, Khan Academy
3. **Watch documentaries** :You can watch thousands of high-quality documentaries on varied subjects for free at Documentary Heaven.
4. **Learn a language** : Visit these websites and learn a new language-Duolingo, Babel, Memrise.
5. **Volunteer** : You can volunteer to clean up street, help out at a nursing home or animal shelter, teach.
6. **Improve your physical health** : As you have more time during the school holidays sleep well, exercise regularly, and eat healthy.
7. **Learn a new skill**: You could learn skills like public speaking, cooking, drawing, self-defense.
8. **Read**: Read biographies. Read inspirational books. Basically R-E-A-D.
9. **Take an online course** : Take a free online course from Udemy, Udacity,
10. **Visit museums** : Visit a museum. It will make you knowledgeable, inspire you and is an opportunity to travel.
11. **Pick up a new hobby** : Holidays are the best time to pick up a new hobby like pottery, quilling, candle making, computer programming, cooking.

Editorial Board

PRE SCHOOL

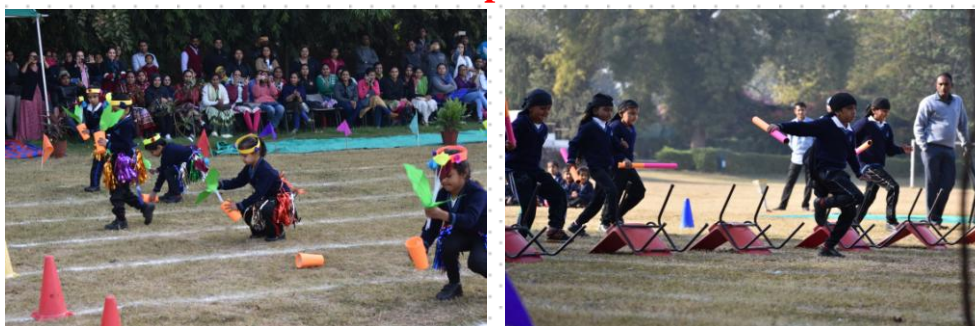
Parent Awareness Programme



In keeping with the significant role teachers and parents play in the positive transformation of students, a 'Parent Awareness Programme' was organised for the Preschool parents of Anandalaya. This unique programme was conducted with the help of doctor parents who are eminent experts in their field. The first interactive session was held on 2nd and 3rd January 2019. The theme was 'Growth and Development in Children.' The resource persons for this session were Dr. Mamta Chaudhry (ENT Surgeon), Dr. Dinesh Lamba (MD, Professor-Doctor) and Dr. Dipen Patel (Paediatrician). Participating parents were familiarized with the nuances of helping their child lead a healthy life. Dr. Dinesh Lamba spoke on the need for focus on nutrition in children and Dr. Dipen Patel addressed the gathering on child growth.

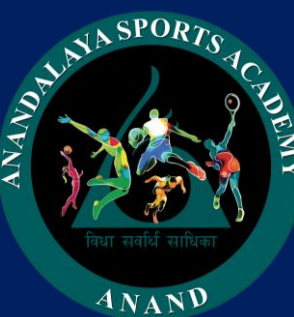
The second session was held on the 18th and 19th January 2019. The themes for this session were "Head Injury" and "Reproductive Health". Resource persons were Dr. Shibashish Bhattacharjee (Neurosurgeon) and Dr. Rumi Bhattacharjee (Gynaecologist). Both parents and teachers were largely benefited from these informative sessions.

Annual Sports Meet



To develop and foster of physical fitness the Annual Sports Meet 2018-19 for Kindergarten section was held on 11th January 2019. The event commenced with Sr. KG children marching in a parade. There was a formal opening of the meet with hoisting of the school flag, students taking the sportsman's pledge and lighting of the torch. The children enthusiastically participated in a variety of fancy races and field events. This was followed by an overwhelming parent participation in events held for parents. All children were awarded a pair of sports wrist bands and a participation certificate.

Children understood that physical fitness is key to become a good sports person. They participated with sports man spirit, cheered and congratulated their friends in turn learning sportsman spirit. They also understood that participation is important and that winning and losing re part of the game.



PRIMARY, SECONDARY AND HIGHER SECONDARY

BFA Invitation Sports Tournament 2018-19



Anandalaya Sports Academy member students participated in an Invitation Tournament at Vadodra organized by Baroda Football Academy on 5th January 2019 in Football and Badminton matches. From our Academy 45 Boys in Football and 10 Girls in Badminton participated at Gotri Sports Complex (Football) and Sama Sports Complex (Badminton). Fifteen teams in football and 20 Girls in badminton had participated. They performed well and showed their talent in respective sport. Miss Avantika R. class VIII A performed excellently and won the singles title.

Green Brigade - Plastic Free Zone



On 10th January 2019, teachers and students of Green Brigade distributed a total of 200 paper bags of various sizes in shops and hospitals nearby. These bags were made by Green Brigadiers and other volunteers of the school using newspapers. The distribution-cum-awareness drive was warmly welcomed by the recipients.

Mini Marathon



A mini Marathon was organized on 12th January 2019 on the occasion of National Youth Day. All the participants assembled at the NDDDB sports ground at 08.00 am. After checking of their strength and necessary instructions, the marathoners were divided into two categories namely – Classes VI – VIII (Boys and Girls) and Classes IX – XII (Boys and Girls). The marathon sought to encourage, inspire and motivate all students to improve their mental and physical health through running and exercise. The marathon likewise aimed to improve awareness of diabetes and depression, with particular emphasis on exercise and fitness as a component of managing these diseases. The marathoners covered a distance of 4.5 km on a path charted through NDDDB and IRMA campuses. A total of 197 students participated in the annual event. Trophies and merit certificates were distributed on the Annual Sports Day. In the Junior category Master Priyansh Patel (VIII A) and Miss Vishwa Nayak (VII B) secured the 1st position, while Master Rahil Almaz (VIII A) and Miss Vrunda Patel (VII A) stood 2nd.



In the senior category Master Shail Parmar (XII A) and Miss Swasti Saxena (IX A) stood first in the Boys and Girls categories and Master M S Jayankhar (XII C) and Miss Prerna (XI C) secured the 2nd position.

Green Brigade - No Hunger Campaign



Members of Green Brigade 2 teachers and 4 students went for the distribution of food packets as part of 'No Hunger Campaign' on 19th January 2019. Children participated in the programme enthusiastically.

English Teaching Workshop



A workshop on strategies to teach English at the primary level was organised by Oxford University Press (OUP) on 19th January 2019 from 8am to 2pm. Mr. Deepak Manjrekar and Ms. Rachel Parmar attended the workshop. Dr. Chumki Biswas, an ELT expert with 17 years of teaching experience conducted the workshop. Dr. Biswas began the session by explaining the importance of each area of language learning or LSRW. She expounded on how English as taught in schools, laid heavy stress on reading and writing, whereas scientifically and practically, listening and speaking should take precedence in the initial years of acquiring the language. She demonstrated activities related to the 4 core skills of language acquisition. Dr. Biswas laid stress on discarding the age-old method of teaching grammar and other technical words. She stressed on using that using simple learner-friendly words that would aid learning. She urged teachers to discard old ways of teaching English and use technology to equip students in getting a command on this language.

PRL Screening Test for Aruna Lal Scholarship

National Science Day will be celebrated at Physical Research Laboratory on, 2nd March 2019. On this occasion, Aruna Lal Scholarships will be awarded to meritorious students selected based on a screening test, followed by competitive events and personal interview at PRL. The Aruna Lal scholarship has been instituted by Late Prof. Devendra Lal, former Director of Physical Research Laboratory. The screening test was conducted on 20th January 2019 and all the seven students of class XI from our school were selected for competitive events and personal interview:

1. Master Rushil Samir Patel
2. Miss Ragni Bhargav Trivedi
3. Master Shine Priyan
4. Master Preet Pareshkumar Patel
5. Master Japan Vijay Bhatt
6. Master Meghal Mukeshkumar Varma
7. Miss Surabhi Jha

Vidyarthi Vigyan Manthan State Level Camp

Vidyarthi Vigyan Manthan was organised by Vijnana Bharati at N. V. Patel Science College, Vallabh Vidyanagar on 20th January 2019. The students who



cleared the first level of examination (VVM) were called for the second level of examination.

The Principal of the college presided over the inaugural function. Eminent scientists from Junagaadh and Anand

Agrucultural University attended the function. The state level coordinator briefed the audience of parents, teachers and the students on the need to understand scientific concepts through practical skills. This exam is conducted for educating and popularizing science among the students of classes VI to XI. From Anandalaya, six teachers from science faculty attended the inauguration function. The teachers were urged to encourage more students to take this exam. As The exam is conducted at different levels, it helps to identify meritorious students at state and national levels.

Republic Day Celebration



70th Republic Day was celebrated at Anandalaya on 26th January 2019.

Students and Teachers assembled school at 7:50 am. Forty N.C.C. cadets formed a platoon. The smart turnout & disciplined march by the energetic cadets rendered a very patriotic flavor to the entire programme.



The ceremony began with the hoisting of the tricolour by the Miss Diya Trivedi, Head Girl and Master Amey Mistry Dy. Head Boy. It was followed by inspiring speeches on the significance of the occasion. The spectacular NCC drill, dance and drama enthralled the audience. Everyone took a pledge to uphold the honour, integrity, dignity and uniqueness of our nation. All students moved to the Multi Purpose Hall to savour the sweets distributed on the occasion.

Pariksh Pe Charcha 2.0



In the second edition of “Pariksh Pe Charcha 2.0” Prime Minister Mr. Narendra Modi interacted with students, parents and teachers on 29th January 2019 at the Talkatora Stadium, New Delhi. Students of classes IX and XI were shown the live telecast in the A.V. Room. PM in an interactive Q & A session, discussed with students ways to handle exam stress. Students and parents alike posed questions to the PM. He encouraged students to compete with themselves and to break their own records. He explained to students that exams are essential as, when there are challenges in life, they polish us. He exhorted parents to encourage and motivate children; not to criticize them but to believe in their capabilities.

‘Aarangi’ - Just Dance Competition.



Shri R. N. Patel Ipcowala School of Law and Justice organised Aarangi Just Dance Competition on 2nd February 2019 at Go.Jo. Sharda Mandir School, Vallabh Vidyanagar. Miss Harsiddhi Dhagat of class XI presented Ganapati Vandana in Kathak style. She secured the 2nd position in the competition and brought laurels to the school.

Annual Sports Meet



The Annual Sports Meet of the school was held on 30th and 31st January, 2019 at NDDB Sports Ground during the regular school hours. Students of classes I to XII participated in the Annual Sports meet 2018-19. The events were categorized into different age group namely Classes I, II, III, IV, V and VI, U-14, 17 and 19(Boys and Girls). The day started with students performing March Past in their respective contingents. The Flag hosting was followed by an impressive march-past. The torch was lit by outstanding players of the school.



The school song added more charm and grace to the occasion. Winners were awarded Gold, Silver and Bronze medals along with a merit certificate. The Overall Champions' Trophy was bagged by Harsh House.



The following athletes were awarded Best-Athlete trophy :

Sr. No	Name of the Athlete	Class	Boys/Girls
1	VED S PATEL	I	BOYS
2	SHUBHI	I	GIRLS
3	ISHAN K SONI	II	BOYS
4	RAAGA H PATEL	II	GIRLS
5	HIMINSH PATEL	III	BOYS
6	VAISHNAVI SONI	III	GIRLS
7	AARAV BALYAN	IV	BOYS
8	SHREYA GULERIA	IV	GIRLS
9	HAARD MAJUMDAR	V & VI	BOYS
10	SHREYA SHARMA	V & VI	GIRLS
11	PRATHAM MUDGAL	IX & XI	BOYS
12	ANSHITA SHAH	IX & XI	GIRLS
13	SAHARSH Y SHAH	X & XII	BOYS
14	SRUSHTI PATEL	X & XII	GIRLS

Best Athlete of the Year (Boys) Master Dhairya Shah of class VII B.

Best Athlete of the Year (Girls) Miss Anshita Shah of class IX A.

Farewell Programme for class XII



Farewell programme for the outgoing class XII batch of year 2018-19 was organised on 31st January 2019. It was planned, organised and executed by 44 student volunteers from class XI. They worked in coordination with the class teachers of classes XI.



The programme began with a welcome speech by Master Meghal Verma (XI B). He shared memories of the time spent with the senior most students. This was followed by a prayer dance performance by Ms. Harsiddhi Dhagat. The dance was a Kathak rendition worshipping Lord Ganesha. Class teachers, presented mementos to all the 95 students of the outgoing batch. One student each from class XII gave speeches reminiscing about the years they spent at Anandalaya while studying and garnering invaluable memories. Ms. Bhakti Jain sang and played the guitar to a medley of popular English songs. A group of ten students danced to a mix of songs on friendship, followed by a group which sang and played music for a medley of popular Hindi songs. The programme ended with a slideshow of memorable photographs of the outgoing class XII batch set to the tune of EDM music.

NCC 'A' Certificate Examination

Twenty five girls and Thirteen boys cadets of NCC battalion of Anandalaya appeared for the 'A' certificate exam held at Sardar Patel School Khetiwadi and at Anandalaya respectively on 3rd February 2019.



CBSE Capacity Building Programme on Examination and Evaluation



A Capacity Building Programme on various fields of examination and evaluation was held on 11th February, 2019 for the Principals of schools of Anand and Kheda District. Various stakeholders like City Coordinators, Centre Superintendents and Examiners were oriented through a live telecast from New Delhi. Ms. Anita Karwal, Chairman and Shri Sanyam Bhardwaj, Controller of Examinations, CBSE interacted with the Principals across the country and abroad. Around 25 Principals and teachers participated in the programme held at Anandalaya.

KVPY 2018-19

The annual Kishore Vaigyanik Protsahan Yojana (KVPY) examination is now in its 20th year of operation. The selection of students for award of KVPY Fellowship has several stages. After an initial short listing of applicants, about 190769 students were invited to appear for an All-India Examination, which was held in over 315 institutions in 99 centers all over India on 4th November 2018. Students who had enrolled in class XI and XII (science stream) are eligible to appear for the written test followed by interview provided they achieved the minimum cut-off. This year, five students from class XII cleared the written test and appeared for the personal interview scheduled from 14th February to 16th February. The students selected are:

1. Miss R. Madhusri
2. Master Druv Shah
3. Master Jinit Singh
4. Master Raj Paresh Mehta
5. Master Tattvam A Nair

The final results of candidates eligible for the KVPY Fellowship will be declared in the month of March 2019.

National Deworming Day (NDD)

To fight anemia, malnutrition, impaired mental and physical & cognitive development, and so reduced school participation 8th February is designated as the National Deworming Day. This year on 16th February 2019 during PCTM parents and students were encouraged to participate in the nationwide deworming mop up round aimed at better health of school-going students. A single chewable tablet of Albendazole (400 mg) was given to 433 students from classes I to XII voluntarily.

प्रतिवेदन विश्व हिन्दी दिवस



विश्व हिन्दी दिवस के उपलक्ष्य में आनंदालय के प्रांगण में विशेष कार्यक्रम का आयोजन किया गया। कार्यक्रम का शुभारंभ दीप प्रज्वलित कर शुभकामना संदेश प्रेषित कर किया गया।



हिन्दी जगत की महान विभूतियों पर आधारित गद्य और पद्य की विभिन्न विद्याओं द्वारा विद्यार्थियों ने सांस्कृतिक कार्यक्रम की प्रस्तुति दी जिसमें संत शिरोमणि कबीर जी के दोहे, राष्ट्रकवि रामधारी सिंह दिनकर जी की राष्ट्रभक्ति से ओत प्रोत कविताएँ, उपन्यास सम्राट मुंशी प्रेमचंद के शिक्षाप्रद नाटक और नैतिक मूल्यों पर आधारित विद्यार्थी जगत एवं जीवन की शिक्षा को सम्मिलित किया गया। कार्यक्रम का मुख्य उद्देश्य विद्यार्थियों में हिन्दी के प्रति रूचि जागृत करना और कर्तव्य की ओर अभिमुख होने की भावना को बलवती करना था।