



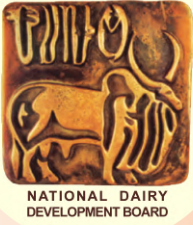
# अंतर्चेतना

## Antarchetana - The awakening

A newsletter of Anandalaya, Jul-Sep, 2021 : Issue – 17



Dr. Verghese Kurien



Dear Readers,

India unlike any other country with its prominence in the subcontinent and rich historical and cultural heritage offers a diverse feast for the senses. The magnitude of the history of India's freedom struggle is most honoured across the globe. This movement was a battle of ideas with modernity and quest for its own strength of civilisation which the Europeans wanted to subjugate. Mahatma Gandhi and many more Indians wanted indigenous ideas to supplant the colonial ones. India showed the path of non-violent resistance to the world. The dedication of the lives of freedom fighters and the sacrifice of the common people are honoured every year on the occasion of Independence Day.

On 15<sup>th</sup> August, 1947, the first Prime Minister Jawaharlal Nehru declared India a free country. Delivering 'Tryst with Destiny' speech he said "At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom". On 75<sup>th</sup> Independence Day, Anandalaya honoured and reinforced the fundamental duties which were incorporated in the Indian Constitution by the 42<sup>nd</sup> amendment, adopted in 1976. Anandalaya sensitized the students once again about the fundamental duties by involving them in various cultural programmes to portray our duties towards motherland. We all enjoy fundamental rights, but we also have fundamental duties which are non-enforceable moral obligations to our country. At this hour of pandemic, it is imperative to acquaint the children about their duties as future citizens to behave in a virtuous and honourable manner.

There's no denial of the fact that environmental issues and climate change are the most prevalent menaces of today's age thus it is our responsibility to preserve our biodiversity and to follow the basic principle of sustainable development. "What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and to one another" remarked by Mahatma Gandhi. Veteran activist & Gandhian Sunderlal Bahuguna, known for leading Chipko Movement, passed away on 21<sup>st</sup> May 2021 at the age of 95. Team Anandalaya paid a rich tribute to the green leader Sunderlal Bahuguna on 75<sup>th</sup> Independence Day for his lifelong contribution and dedication towards the rehabilitation, preserving our flora and fauna through rural mass. Also, with an objective to inspire students by his philosophy, spirit of compassion and simplicity. Today, India has developed a significant footprint in the global economy. But the nation still has to face a series of challenges. Combating the current, COVID 19 pandemic has thrown the biggest challenge to us. We shall overcome this hurdle too and achieve the freedom once again. Our students would be the future warriors to combat with all the negativities and to bring a brighter sun shine tomorrow. The Indian growth story continues but as citizens of India we have miles to go to maintain the democratic values that we cherish.

**Samita Majumdar & Rupali Nandy**

**PRE PRIMARY****Janmashtami Celebration**

The festival of Janmashtmi was celebrated with fervor as children dressed as Gopis and Gopals danced to the tune of songs portraying Krishna Leela. Parents shared videos of the tiny tots with the teachers. Parents' wholehearted involvement was evident in the enthusiastic participation by the tiny tots. It was a successful attempt to inculcate the knowledge of Indian festival in young minds.

**75<sup>th</sup> Independence Day Celebration**

To commemorate the 75<sup>th</sup> Independence Day, the kindergarten children, dressed as freedom fighters delivered dialogues and quotes, sang patriotic songs and also danced to their tunes. They also made the national flag and waved the tricolour with pride.



## School Visit by Students of Class Pallav



The tiny tots of Pallav were missing out the joy of the physical classes due to pandemic so they were called for “A Day at school” accompanied by their parents in small batches following COVID appropriate behavior. They rejoiced in the company of teachers. They were guided around the premises, played games and indulged in various physical and cognitive activities. During

their hour-long engagement, the teachers could gauge their progress in language (listening, speaking and reading), motor (fine and gross) and problem-solving skills. Parents were counselled on appropriate parenting and simple teaching-learning pedagogy. The happy hour at school ended on a satisfying note.

## Building Young Minds To Respect All Roles



As children learn optimally through active involvement the theme 'Community helpers' was reinforced by engaging them in role play. Children dressed as community helpers played their respective roles efficiently and imparted

information about their duties to the society. This innovative mode of learning which took place through peer interaction proved to be very effective.

## Rashtriya Poshan Maah



The school celebrated Rashtriya Poshan Maah 2021 by educating the young minds about the significance of consuming a balanced diet and following healthy eating habits. Both parents and children were sensitized about the need for optimum nutrition during growth years. Healthy eating habit was integrated with conceptual learning in the kindergarten section; the concept of whole and half was taught by cutting a tomato into two halves and then consuming it. They were taught the appropriate sequence of events involved in eating i.e. bite-chew-swallow. Further, they were advised to share a full meal (chappati, vegetable, dal, rice, salad/raita, buttermilk) with a peer from the under privileged background.



## PRIMARY, SECONDARY AND SENIOR SECONDARY

### 75<sup>th</sup> Independence Day Celebration



The 75<sup>th</sup> Independence Day was celebrated with pride and patriotism. Mr. Pawan Kumar Sharma, Principal, Anandalaya hoisted the National flag and all the staff members saluted the flag and sang the National Anthem followed by 'Jhanda Geet'. NCC Cadets participated in parade and marchpast. The flag hoisting ceremony was followed by a cultural programme. Students from classes III to XII participated in the programme. The Indian freedom struggle and the fundamental duties were revisited through various items like group songs, dances, skit, declamation, poetry recitation on bravery and patriotism in regional languages, Incredible India, a cultural profile revealed through powerpoint presentation. The cultural programme ended with a message conveyed through a poetry recitation "Main naye bharat ka chehra hoon".

Shree Sunderlal Bahuguna, the Green Leader of Chipko Movement, died in May 2021, at the age of 95. Anandalaya paid a tribute to the great environmentalist for his lifelong contribution and dedication to the nation through his efforts for the conservation of the environment.

The Principal Mr. Pawan Kumar Sharma addressed the audience and the programme ended with the vote of thanks proposed by Miss Radha Deshpande (XII A). The entire programme was live streamed on the school's YouTube Channel : <https://www.youtube.com/watch?v=QIXxDJ3dSW8>



## વિશ્વ ગુજરાતી ભાષા દિન



વિશ્વ ગુજરાતી ભાષા દિનની ઉજવણી તા. ૨૪.૮.૨૦૨૧ મંગળવારના રોજ શાળામાં કરવામાં આવી હતી.

કાર્યક્રમની શરૂઆત દીપ પ્રાગટ્યથી થઈ. શાળાના આચાર્ય શ્રી પવનકુમાર શર્માના વરદ હસ્તે દીપ શિખા પ્રજ્વલિત કરાઈ જેનું અનુસરણ ડૉ સુધાકર લાલ શ્રીવાસ્તવ, શ્રીમતી અલકા બાલયન, શ્રી દિપક માંજરેકર અને શ્રીમતી સુદેશના ભટ્ટાચાર્જી દ્વારા કરવામાં આવ્યું.

કાર્યક્રમનું પ્રસારણ ૨૪ મી ઓગસ્ટ ના રોજ સવારે ૧૦:૦૦ થી ૧૧:૧૫ કલાકે કરવામાં આવ્યું.

<https://www.youtube.com/watch?v=VOXya3YHqKo>

ગુજરાતી સાહિત્યના જાણીતા કવિ નર્મદ તેમજ આધુનિક લેખકો જય વસાવડા, અંકિત ત્રિવેદી અને કાજલ ઓઝા વૈદ્યના ગુજરાતી ભાષામાં યોગદાન, ગુજરાતી ભાષાનો ઇતિહાસ અને પ્રાદેશિક ગુજરાતી બોલીની જાણકારી વિદ્યાર્થીઓએ આપી હતી.

ઘોરણ સાત અને આઠ ના વિદ્યાર્થી અક્ષત દેસાઈ, કનવ ધોળકિયા, રિતમ કુબાવત અને અનાયા શાહે પોતાના સ્વરચિત કાવ્યને પ્રસ્તુત કર્યા હતાં.

જાણીતા શિક્ષણવિદ અને સાહિત્યકાર ડૉ શ્રી ભગીરથ બ્રહ્મભટ્ટે આ પ્રસંગે અતિથિપદ શોભાવ્યું હતું. શ્રી ભગીરથ સાહેબે કાવ્ય, નવલકથા અને કટાર લેખો લખેલા છે. 'આથમતા અજવાળા' નામની કૃતિને કુમાર સુવર્ણ ચંદ્રક પ્રાપ્ત થયો છે. ડૉ શ્રી ભગીરથ બ્રહ્મભટ્ટે પોતાના પ્રાસંગિક પ્રવચનમાં માતૃભાષાના મહત્વની સુંદર છણાવટ કરીને સાંપ્રત સમયમાં અન્ય ભાષાના પ્રભાવ પર પ્રકાશ પાડ્યો હતો.

આચાર્ય શ્રી પવનકુમાર શર્માએ પોતાના વક્તવ્યમાં ગુજરાતી ભાષા અને માતૃભાષાના મહત્વને વર્ણવ્યું હતું.

શ્રી ઝવેરચંદ મેઘાણીનું વીરરસથી નીતરતું કાવ્ય 'કસુંબીનો રંગ' અને 'કાગડીબાઈનાં રૂસણાં' બાળગીત પર બાળકોએ નૃત્ય રજૂ કર્યું હતું.

## Online Workshop- Developing Assessment Items (2021-22 Term-1 Exam)

Under the aegis of Gyan Sarovar Sahodaya an online workshop was conducted by Dr. Shweta Singh, Joint Secretary, Academics, CBSE, on 28<sup>th</sup> August 2021 for the teachers of classes IX to XII. The theme of the workshop was Developing Assessment Items (2021-22 Term-1 Exam). Mrs. Priyadarshini Kelkar the founder Chairperson of Gyan Sarovar, the Central Gujarat CBSE Schools' Sahodaya Complex addressed the teachers. The resource person emphasized on the need to change the assessment pattern in internal exams to help students practice as per the new pattern. She demonstrated how to frame different types of Multiple-Choice Questions. The resource person emphasized on maintaining the difficulty level of assessment in accordance with the board exam question papers. She was of the opinion that students should be trained for Higher Order Thinking skills (HOTS). The workshop was useful keeping in mind the new assessment pattern and challenges teachers are currently facing in preparing the questions for the Term-1 exam.

## Investiture Ceremony



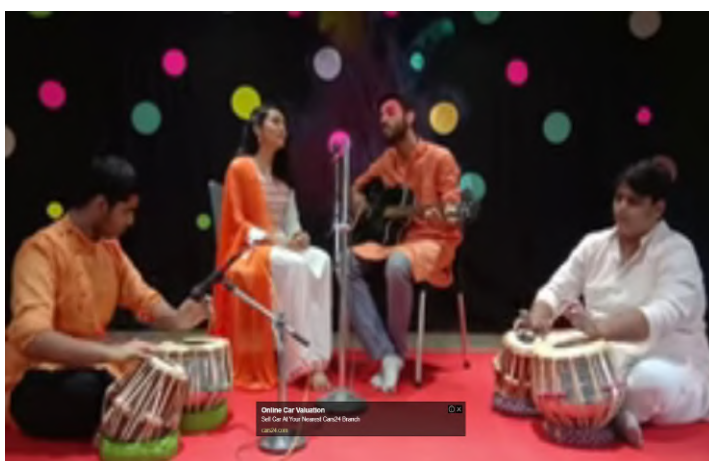
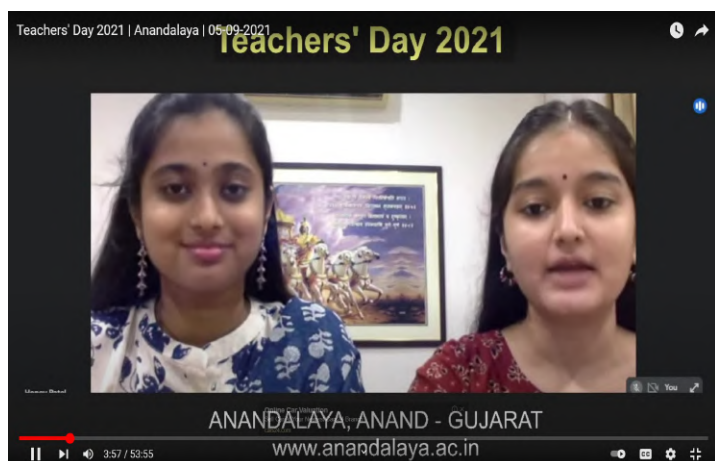
With the objective of espousing the confidence, development of leadership qualities and sense of responsibility among the students Anandalaya held the Investiture Ceremony for academic session 2020-21 and the video of the ceremony was streamed through YouTube on 4<sup>th</sup> September 2021. The ceremony commenced with lighting of the

lamp by the Principal and House Parents. It was followed by the school song and the prayer sung by the school choir motivating the young leaders to surge ahead in these unusual times. The Principal, Shri Pawan Kumar Sharma, in his address congratulated the members of the newly elected Student Council. He emphasised on the fact that it is an individual who defines a post. He advised them to imbibe the spirit of 'Service before self' in word and deed and urged them to embrace their duties with humility, perseverance and loyalty. He also advised the young leaders to embrace change, to practice selflessness, and to work towards achieving their dreams. The Principal invested the badges to the office bearers and the newly elected Head Boy administered the oath. It was a proud moment for all the parents to watch their children being invested as they embarked on a new journey as leaders. The event concluded with inspiring speeches by the newly elected Head Boy, Master Saahil Dholakia and Head Girl Miss Kanika Verma.

<https://www.youtube.com/watch?v=Mm7H-unqJko>



## Teachers' Day Celebration 2021



Teachers' Day was celebrated with fervour at Anandalaya. The programme commenced with the lighting of the lamp by Principal Mr. Pawan Kumar Sharma and members of staff.

<https://www.youtube.com/watch?v=vPA5ofNgpg>

A cultural programme was presented by class XII students under the guidance of their class teachers included a semi-classical dance performance and a song presented as a tribute to the teachers. Further the students presented the evolution of education system in India from Gurukul system to the present-day online teaching-learning process. A presentation highlighted the challenges and advantages of online classes. The students also presented beautiful illustrations depicting anecdotes from the lives of famous gurus.

Mr. K. Krishnakumar gave an inspiring speech. On the occasion sharing pictures of his alma mater and memories that he cherishes being a student. The programme ended with the singing of the National Anthem.

All the staff members were felicitated by the Principal Mr. Pawan Kumar Sharma in presence of office bearers of prefectorial council, Saahil Dholakia (Head Boy), Kanika Verma (Head Girl), Dharmik Gupta (Deputy Head Boy) and Rhuhi Sisodia (Deputy Head Girl). The day was made memorable by fabulous performances by teachers which included a prayer song, storytelling, poetry recitation, dance performance, enactment, etc.



## हिंदी दिवस

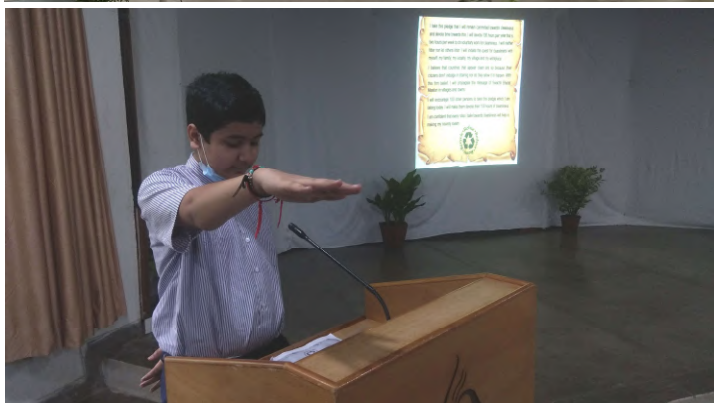


<https://www.youtube.com/watch?v=zRI78BmSYig>

14 सितम्बर 2021 को आनंदालय के प्रांगण में हिंदी दिवस के उपलक्ष्य में विभिन्न कार्यक्रमों का आयोजन किया गया। कार्यक्रम का शुभारंभ प्रधानाचार्य श्रीमान पवन कुमार शर्मा एवं हिंदी विभाग के सभी सदस्यों द्वारा दीप प्रज्ज्वलन कर किया गया। जिसके अंतर्गत सरस्वती वंदना(नृत्य), भाषण, हिंदी महिमा गान, नुक्कड़ नाटक और साहित्य माला जैसी विधाओं द्वारा विद्यार्थियों ने अपनी प्रस्तुति दी। कक्षा एक से लेकर दसवीं तक के विद्यार्थियों ने अपनी बहुमुखी क्षमता से कार्यक्रम को रोचक, मनोरंजक एवं ज्ञानवर्धक बनाया। इसी उपलक्ष्य में प्रधानाचार्य श्रीमान पवन कुमार शर्मा जी ने, अपने वक्तव्य में अपनी ओजस्वी वाणी से हिंदी को राष्ट्र की शान बताते हुए, इसे एकमत होकर आत्मसात करने और इसे राष्ट्र की पहचान मानकर बढ़ावा देने हेतु जनसमूह को प्रेरित किया। कार्यक्रम का समापन हिंदी प्रतिज्ञा से किया गया। जिसमें प्रतिभागियों ने प्रतिज्ञा द्वारा राष्ट्र के उत्थान हेतु, अंधकार में प्रकाश और अनेकता में एकता के लिए हिंदी आधार बने ऐसी प्रतिज्ञा ली।



## Cleanliness Drive for Swachh Bharat: Swachhata Pakhwada



With the objective of truly transforming Swachh Bharat into a citizen's movement, Anandalaya celebrated the Swachhata Pakhwada. Due to Covid 19 pandemic, activities like hand washing, use of mask and social distancing have been brought into greater focus. With this objective Swachhata Pakhwada was celebrated in a beneficial manner with a cleanliness pledge, slogan writing and a talk show.

**Swachh Bharat Pledge:** Students of classes IV to VIII took a pledge and also inspired their family members to take the pledge.

**Slogan Writing:** Class IX students participated with enthusiasm and created slogans in English, Hindi and Gujarati. A total of 59 slogans and poster made by students were displayed in the arrival foyer of the school.

**Talk Show:** Miss Anagha Menon, Master Het Gohil, Miss Jiya Patel, Miss Sunanda Patel, Master Arkit Doshi, Miss Kreena Arora and Master Jay Sevak raised awareness on the importance of hand wash, personal hygiene, a clean environment and the value of mental health in an individual's well-being. To make the show more effective the videos of Swachhata-2021 and a presentation on it by NCC cadets were also shown during the presentation.

Ms. P.V.Sesha shared valuable and practical tips about cleanliness and Swachh Bharat. Principal Shri Pawan Kumar Sharma addressed the gathering and shared his views about the value of cleanliness and Swachh Bharat.



## सेवानिवृत्ति पर श्रीमती रेखा शुक्ला जी को भावभीनी विदाई



हिंदी विभाग की वरिष्ठ अध्यापिका श्रीमती रेखा शुक्ला जी के विदाई समारोह का आयोजन 24-09-2021 को किया गया। जिसका आरंभ प्रधानाचार्य श्रीमान पवन कुमार शर्मा जी के द्वारा श्रीमती रेखा शुक्ला जी को पुष्पगुच्छ भेंट कर किया गया। रेखा जी के प्रतिवेदन में उनके २४ वर्षों के कार्यकाल के दौरान उनके सहयोग, समर्पण एवं कर्तव्य निष्ठा की अविस्मरणीय घटनाओं का उल्लेख किया गया। उपप्रधानाचार्य श्री तेजस कुमार देसाई जी ने विद्यालय की ओर से शुभकामना संदेश एवं तस्वीर द्वारा श्रीमती रेखा शुक्ला जी को सम्मानित किया। आयोजन के अंत में प्रधानाचार्य जी ने श्रीमती रेखा शुक्ला जी को स्मृति चिह्न द्वारा सम्मानित किया।

## Poshan Maah



Rashtriya Poshan Maah, a Government of India's flagship programme to improve nutritional outcomes for children, adolescents, pregnant women and lactating mothers. As part of Anandalaya's social responsibility, food - packet distribution was organised for under-privileged children in consonance with Rashtriya Poshan Maah. The area covered for food distribution was Anand railway station, New Bus depot, 100 ft road and Haadgud - Mangalpura road. Teachers volunteered and distributed 200 food

packets to underprivileged children.