



अंतर्चेतना

Antarchetana - The awakening

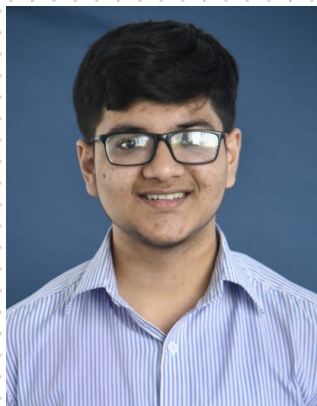
A quarterly magazine of Anandalaya, April 2019 - June 2019 : Issue - 8



Dr. Verghese Kurien



My Journey in Retrospect



It honestly feels awkward to write an editorial for the school newsletter as I do not feel I have achieved enough yet to deserve this honour. First of all, I would like to thank all of you for electing me as the Head Boy. I promise to fulfill all the aspirations attached to me, to the best of my abilities. I am positive of the fact that if I, frankly, a nobody from Nadiad, was able to become the Head Boy, anyone definitely can. Each one of us has the ability to do wonders with the talent we possess. I believe, each and every student...

In my opinion, a candidate's campaign slogan tells us a lot about her/ him. I personally think that Barack Obama's campaign slogan 'Yes We Can' is the best. It brought a hope of a brighter future for everyone, including me. 'Yes we can' is true for us too. All of you who are reading this must believe in your abilities, back yourself to the hilt and achieve your goals.

I have been asked to write about my journey. To be honest, there wasn't a specific journey and I do not want to write the cliched 'I worked hard and achieved my goals' trope because all you readers are smart enough to see through that. But, I did learn something.

People who know me personally, know that I do not speak or laugh much. But, while campaigning and talking with all the students, I opened up. I learnt to laugh more at situations, but more importantly, at myself. While campaigning, I told in one of the classes that I was a student who would sit at the back of the class without talking or participating in the class. And there are many like me. To them I say- introspect, look deep within you, discover your interests. I found mine, you will too, I believe.

I know this is getting a bit preachy, but believe me, I went through the process of learning to come out of my shell, and emerged victorious, I think. Lastly, I would, once again, implore all of you to work together and communicate for the collective benefit of the school. I shall be with you, every step of the way. Together, we will move 'Forward Together' towards a brighter Anandalaya.

Master Preet Shah

Head Boy

PRE SCHOOL



Eid celebration



The festival of Eid was celebrated on 4th June 2019. The students were shown a presentation on Eid, Mosque, Namaz and different food items. They were also informed about fasting, variety of food items prepared during Eid, Eidi (gift) and greetings (Eid Mubarak). It is through celebrations like this that children learn about the diverse culture of our country.

International Day of Yoga (IDY)



The children dressed in white, were led by their teachers to begin the day with a shlok, followed by yogasanas, pranayam and meditation. It is hoped that the children's initiation into the ancient science of yoga and meditation will help them to make yoga an integral part of their life in future.

PRIMARY, SECONDARY AND SENIOR SECONDARY

Orientation of Parents



Interactive orientation sessions for parents and students studying in classes I, VI, IX and X were organised in the last week of March 2019. The objective was to help parents prepare their wards for the new system and adapt to changes in the curriculum with special emphasis on the significant role of stake holders towards the holistic development of the children

Teachers of class I familiarized the parents with what to expect in the coming academic year & also apprised them of their part in bringing about the holistic development of the child while working along with the teacher. For class VI the teachers updated the parents with the teaching learning process, curriculum of all subjects and evaluation pattern.

Parents of class IX and X students were updated on scholastic and co-scholastic areas and evaluation pattern as prescribed by the CBSE. The objectives, eligibility criteria and details on National Cadet Corps were also informed to the parents..

Health Education for Adolescent Girls



An educative session titled 'Health Education Session for Adolescent Girls' was organized on 6th April 2019 for girl students of classes VI to VIII. The primary objective of this session was to orient the pre-teen students about the sensitive and oft-misunderstood concepts of menstruation and reproductive system. Dr. Manisha Gohel from Shree Krishna Hospital, Karamsad conducted the session and made the students aware and well-informed on this delicate subject.

Chalk & Duster Basket Making Competition



Utkarsh House organised Inter House Chalk & Duster Basket Making Competition for Classes IX and X on 25th April 2019. The house activity witnessed 100% participation. Each house made different varieties of chalk and duster basket using materials that were easily available and handy. House Umang won the competition owing to the creative and innovative design of the participants Miss Nitya Vyas (IX B), Miss Chitra Ganjiwale (IX B), Miss Sneha (IX B), Miss Vruddhi Patel (IX A) and Miss Diya Sharma (IX A).

Easter Egg Making Competition

Inter House Easter Egg Making Competition was organized on 29th April 2019 by Harsh House for students of classes III to V. The objective was to enable students develop their aesthetic skill by participating in a theme based competition as well as to raise their self-esteem by working in a team. Each team, consisting of 3 to 5 members, was given one hour to complete painting and decorating the egg with a message relevant to the theme.

Young Author Awards 2018

A story writing competition Young Author Awards 2018 was organised by The School Post for students of classes IV to X. Thirty students from our school had participated with their original creations. Seven students made it to the Hall of Fame category, of which, the stories written by Miss Vaishvi Bhatia (XA) and Miss Uttara Bhavsar (VIA) were featured in the Pens of Fame- a compilation of all the winning entries.

In-house training on Transactional Analysis (TA) and Minimum Levels of Learning (MLL)



An in-house training was conducted on TA for all the staff members on 1st May 2019. All the staff members were greatly benefited by the practical analysis of daily behavior. The insightful observations helped the teachers to analyse their own behavior and to become more conscious about their attitudes.

On the second day i.e. on 2nd May 2019, questions were posed on the learning objectives of each subject. Teachers worked in subject groups and gave presentations on their respective subjects on what minimum they expect from their students at the end of each level of education i.e. Pre-School Primary, Upper Primary, Secondary and Sr. Secondary. This helped in bringing the objectives of each subjects to the conscious understanding of teachers. Overall the training programmes helped teachers to look at behaviour patterns and the oft-missed details of their own subjects.

Wings Junior Badminton Championship '19



White Feather group Vallabh Vidyanagar organized Wings Junior Badminton Championship from 21st to 23rd June 2019 at H M Patel Badminton Hall, V.V. Nagar for young and enthusiastic badminton players of Anand district. More than 150 players participated in the championship. All the players were divided into four categories namely U-11, 13, 15, 17 (Boys & Girls) for Singles & Doubles. A total of 25 players participated from Anandalaya. Miss Diya Dhyani (XI B), Master Jay V Gondaliya (XB) and Master Adit Bhavsar (VA) were winners in the U-17 boys and girls categories and U-11 boys category respectively.

Yoga Session for Senior Secondary Students



A Yoga session was conducted on 24th April 2019 for the students of Physical Education. The objective of this event was to raise awareness among students about a healthy lifestyle and how they can prevent lifestyle diseases like obesity, diabetes, back pain, hypertension etc. through the practice of Yoga.

Orientation Programme on NCC

An orientation session on activities and enrolment process for the National Cadet Corps (NCC) wing was organised for students of classes VIII-IX and their parents in the Multi Purpose Hall on 30th April 2019.



Ms. Shivani Mishra and Ms. Prachi Bhatt, Alumna and NCC cadet shared their experience of participating in Republic Day (RD) parade at New Delhi. They motivated students and parents to join NCC by narrating the qualities and skills they both could develop through NCC activities.

Drawing Competition



Inter House Drawing Competition on the theme 'Happiness', was organised by Ullas House on 29th April 2019 for students of classes I and II. Miss Keya Shelat (I-A) from Utkarsh House and Miss Aarshavi Patel (II-B) from Harsh House individually secured the first position. All students participated enthusiastically in the fun activity.

Inter School Literary Fest



Four students participated in an inter-school Literary Fest organised by New Era Senior Secondary School, Vadodara on 15th June 2019. Miss Hiya Shah of class VII B brought laurels to the school by winning the 1st prize in the event Rhyme and Rhythm.



Celebration of World Environment Day



The World Environment Day was befittingly celebrated by adding to the green quotient of the school in association with the NDDDB. The celebration organised by the Green Brigade was graced by the presence of Shri Dilip Rath, Chairman NDDDB. Group Heads & officers of NDDDB, student members of Green Brigade and staff members of Anandalaya were also present for the occasion. A tree-plantation drive was undertaken with saplings planted by all present on the occasion.

A Proud Moment- Teachers as Resource Persons

Gyan Sarovar-The Central Gujarat CBSE Schools' Sahodaya Complex organized, Training-cum-Workshop for Capacity Building on 22nd June 2019 and 29th June 2019 for teachers teaching classes III to X and XI & XII respectively. The objective of the workshops was to help teachers of all subjects to share ideas and learn from other, orient teachers to new pedagogical techniques and the changes in the examination pattern for the new academic session.



Our teachers, Mrs. Samita Dasgupta and Mrs. Rupali Nandy, Mrs. Shylaja Pillay and Mrs. Farida Sridhar were invited to conduct workshop in subjects of Biology and Social Science.



International Day of Yoga (IDY)



The district-level celebration of IDY was organised at NDDDB ground. A total of ten schools from Anand town participated with number of yoga enthusiasts. Shri Dilip Rana, Collector and District Magistrate, Anand, visited and encouraged students, master trainers and staff members during practice sessions.

Seminar on First Aid (SEWA)



A seminar on First Aid was organised on 26th June, 2019 by the students of XI Commerce and Humanities as part of their SEWA - Social Empowerment through Work Education & Action project. All the Students of Class XI attended the seminar with their teachers. In the richly educative session Miss Rachna Chauhan, Nursing Tutor, Shree Krishna Hospital, Karamsad, explained through a presentation the meaning and importance of first aid and basic first aid treatment in case of bites and stings, cuts and burns, fractures, nose bleeding.



The students were also educated about dos and don'ts in case of fire, choking, various kinds of bites etc. It was a student driven programme where the students prepared various charts on first-aid, presented a handmade memento to the resource person and learned to organize a seminar. The seminar was informative and provided the participants with precise knowledge about first aid.

SEWA Activity

As a part of SEWA, students decided to plant saplings of neem, tamarind and some ornamental plants like balsam, marigold etc. These saplings will be distributed among interested parents, nearby institutions and will also be planted on the roadside. A target of distributing 1001 saplings has been set. The objective was to encourage students, parents and the society to contribute to a greener planet.

Probiotic Awareness Day

SMC College of Dairy Science, Anand in association with Gut Microbiota and Probiotic Science Foundation of India and SASNET Fermented Foods organised Probiotic Awareness Day on 29th June 2019 at Prof. A.C. Pandya Auditorium, College of Food Processing Technology and Bio-energy, AAU Anand. The programme included a PowerPoint presentation contest on “Role of Probiotics or friendly Bacteria in Human Health” by school students. Twenty schools participated in the presentation contest.



Master Jyot Thesia, Miss Bhumi Solanki, Ms. Shikha Vyas, Ms. Khushi Shah, Ms. Srushti Patel, Ms. Pooja Bind, Master Krushal Rabari, Ms. Kanchi Narang, Ms. Gunjan Patel and Ms. Diya Dhayani of class XI participated from Anandalaya. The event included presentations on the theme of probiotics, research fields available for future career options and a video on how Yakult, a popular probiotic product is manufactured.

कबीर जयंती महोत्सव

17 जून 2019 को आनंदालय के प्रांगण में संत शिरामणि कबीर जी की जयंती का आयोजन किया गया था। जिसका शुभारंभ दीप प्रज्ज्वलित कर किया गया। इसी उपलक्ष्य में प्रार्थना सभा में विद्यार्थियों द्वारा विभिन्न सांस्कृतिक कार्यक्रम जैसे दोहा गायन, गायत्री, पद गायन एवं मंचन का प्रस्तुतीकरण हुआ। इनका मुख्य उद्देश्य विद्यार्थियों को बहुलवादी संस्कृति के प्रति कबीर के साहित्य से अवगत कराना एवं साथ ही वैज्ञानिक कवि कबीरदास जी की वर्तमान में प्रासंगिकता को आत्मगत करना था। इसी उपलक्ष्य में शिक्षकों के माध्यम से विद्यार्थियों में कबीर दर्शन एवं दृष्टिकोण को स्थापित करने की वैचारिक क्रांति लाने का प्रयाग विभिन्न चर्चाओं के द्वारा किया गया।

ऊँट गाड़ी की सैर



20 अप्रैल 2019 को कक्षा दूरी के बालवृंद को ऊँट गाड़ी का प्रयागात्मक रूप से अनुभव कराने के लिए ऊँट गाड़ी की सैर करवाई गई। ऊँट गाड़ी का अनुभव विद्यार्थियों को बहुत रोमांचक लगा। विद्यार्थियों के इस अनोखे अनुभव ने उन्हें ऊँट की विशेषताओं से परिचित करवाया तथा सीखने के नए आयाम को दिशा दी। सीखने की जिज्ञासा के इस मैलाब ने विद्यार्थियों को रंगिस्तान के कितने ही रहस्यमय पहलूओं पर चर्चा करने के लिए बाध्य किया।