

# Vidyanjali's Bugle



## Principal's Note

*Knowing yourself is the beginning of all wisdom - Aristotle!!*

Vidyanjali is committed to foster self-awareness, encompassing both the physical and mental aspects of students. Safety is of paramount importance in our approach. Utmost importance is given for the safety of students while instilling in them values of aiding others during emergencies. Celebrating festivals & significant days provide valuable opportunities for students to embrace diversity and nurture a sense of togetherness, reinforcing the core values that define our institution. Furthermore, students actively engaged in interschool competitions, which equip them with the skills and mindset required to excel not only academically but also in various aspects of life.

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NUTRITION WEEK  
TEACHERS DAY  
INTERSCHOOL  
COMPETITIONS  
GANESHA CHATURTHI

### 2

KRISHNA  
JANMASHTAMI  
DENTAL HYGIENE  
WORKSHOP  
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WORKSHOP

### 3

EMPOWERING  
THROUGH GROUP  
ACTIVITIES: AN ARTICLE  
BY DR REKHA  
REDDY  
FIRE DRILL



## Editors

Ms Meena Reddy

Mrs Ramya

Ms Parisha

Ms Angela

## Up-coming Events

- Gandhi Jayanthi
- Dasara Doll Exhibition
- Students' Articles

## Nutrition Week

*Parisha (CBSE Teacher)*

On 1<sup>st</sup> September 2023, the Nutrition Week celebration culminated with activities to assimilate the learnings for the children of Primary Montessori grades I to III at the Bulbul Environment. Children brought a 'Balanced Diet Lunch Bag' from Monday, August 28<sup>th</sup> to Friday, September 1<sup>st</sup>. These meal bags contained snacks, including a variety of food, like fruits, vegetables, proteins, grains, and nuts, aimed at fostering healthy eating habits.



While Grade I students illustrated the ingredients they consume daily on a healthy eating plate worksheet, Grade II students prepared a healthy vegetable and fruit salad and shared it with their classmates and teachers. Grade III students examined the snack packets, evaluated the nutritional values of healthy and

unhealthy snacks and realised the nutritional value of the snacks they were snacking on.

The Nutrition Day celebration left students with a deeper understanding of the significance of the day, the healthy eating pyramid, the healthy eating plate, the benefits of a nutritious vegetable salad, and the distinction between healthy and unhealthy snack choices.

## Teachers Day

*Parisha (CBSE Teacher)*

On 5<sup>th</sup> September, the school campus was utterly transformed into a vibrant tapestry of appreciation and gratitude as students united to celebrate Teachers Day with grand artistic flair following the theme 'Barbenheimer'. The event began with Nihant C and Suhashini of Grade X assuming the role of anchor, setting the stage for a day filled with warmth and anticipation.

The true highlight of the evening was Director Dr Rekha Reddy's inspirational speech. The



gathering was a diverse mix of students

spanning grades VI to X std, each eagerly waiting to express their heartfelt gratitude.



In a delightful surprise, the students orchestrated a charming ramp walk, a lively parade of appreciation for their beloved teachers, accompanied by carefully selected gifts that symbolised the profound impact teachers had on their lives. In a beautiful display of reciprocity, teachers also had their moment to express gratitude, presenting the Director, Principal, and Vice-Principals with honorary gifts.

The students planned out various events such as dance, drama and music to amuse the teachers and a grand feast served with love and dedication by the students.

Beyond the festivities, the school took significant steps to ensure teacher well-being, organizing extensive health check-up in collaboration with Baptist Hospital. Teachers Day emerged as a powerful reminder of the profound influence teachers have on students' lives and the love and respect they inspire in

return, a masterpiece of memories that will forever grace the walls of our hearts.

## Interschool Competitions

*Ramya (Montessori Teacher)*

### State Level Chess competitions:

Dishi, Primary Montessori III, finished 14<sup>th</sup> in the main category prize in the under-15 state-level girls' tournament and was the only girl from the under-9 category in the top 15. She placed 2<sup>nd</sup> in Dhoni's Trophy 1<sup>st</sup> International Open FIDE Rating Chess Tournament. She has also won 1<sup>st</sup> place at the inter-school chess competition at GEAR Intl., at the inter-school girls state level tournament conducted by BRDCA for 3<sup>rd</sup> and 4<sup>th</sup> grade students combined.

### New Horizon Cup (State level interschool competitions):

#### Karate:

The event on 30<sup>th</sup> Aug. 2023 saw several winners. Sridhar took the 1<sup>st</sup> prize in Kumite (U10 boys). Tanav & Tanmay came 1<sup>st</sup> and 3<sup>rd</sup> in Kata (U12 boys) & Praditi 3<sup>rd</sup> girls Kata (U12 girls). Mayank won 1<sup>st</sup> place in Kata (U14 boys). Yashwant won the 2<sup>nd</sup> and 3<sup>rd</sup> place in Kata and Kumite (U16 boys). Akshavika won 3<sup>rd</sup> place in both Kata and Kumite (U16 girls).

#### Chess:

On 28<sup>th</sup> August 2023, the U16 chess competition saw Zahaan and Nihant C placed 7<sup>th</sup> and 9<sup>th</sup>. In the U14 boys Jagadish, Riaan, and Thaaquib participated.

**Throwball & Volleyball:**

The girls participated in the U16 throwball match and progressed to the second round on 31<sup>st</sup> August 2023, while the boys' Volleyball team progressed to the second round at the tournament on 7<sup>th</sup> September.

**Basketball:**

Vidyanjali's girls participated confidently in the U15 basketball match for the first time. We have good expectations for the next match.

**Sindh Sports Fest 2023-24:**

Vidyanjali's Boys Volleyball Team showcased their unwavering determination and remarkable sportsmanship at the Sindh Sports Fest 2023-24 on 26<sup>th</sup> July, securing the runners-up position among 17 competing schools. The team's



exceptional display of teamwork and synchronised play in a thrilling final that extended to an enthralling third set left a lasting impression on all spectators.

**Hindi Diwas in Ramaiah Vidyaniketan School:**

Zara of IV B won the 1<sup>st</sup> prize in the Hindi pick and speak competition on 'Mobiles'.

**Krishna Janmashtami**

*Ramya (Montessori Teachers)*

- *Cultivating Ethics, Unity, and Devotion*

The celebration on 6<sup>th</sup> Sept. was marked by an organised mass lunch – a remarkable experience that beautifully encapsulated the spirit of unity and camaraderie among our students.



The little ones assisted with the decorations, pooja arrangements, and rituals with reverence. The venue transformed into a captivating space adorned with breathtaking decorations. The pooja, conducted with devotion, resonated with hymns that filled the atmosphere with spiritual energy. Following this, III-year and prep-3

students took center stage, serving lunch to their peers. Children and teachers came together to transcend boundaries and creating a lasting sense of togetherness.

## Ganesha Chaturthi

*Ramya (Montessori Teacher)*

- *Embracing Culture and Tradition*

The Ganesha Chaturthi celebration on 15<sup>th</sup> September 2023 with primary Montessori and prep children was a delightful immersion into the rich culture and significance of this cherished festival.



The festivities commenced with an invocation song, 'Ekadanthaya Vakrathundaya,' performed by the II and III-grade students. The children of II std expertly hosted the event. An enchanting puppet show by Rithwik of III std depicted Lord Ganesha's birth.

Grade I students captivated the audience with a classical group dance, followed by a devotional

shloka. Pre-primary students were an integral part of the celebration as the audience.

Prep-2 children made an idol of Ganesha using maida mixed with turmeric and prep-3 children made a craft of Ganesha using paper cups and glitter foam.

The day celebrated Lord Ganesha, enriching students with cultural and educational experiences. Traditional attire and informative videos enhanced their understanding and making it a memorable and educational experience for all involved.

## Fire Drill

*Angela (CBSE Teacher)*

A crucial training session on fire safety took place on Wednesday, September 13<sup>th</sup>, 2023, for the students and staff of Vidyanjali Academy for Learning.

The chief guest for the event was Mr. Vinod M. Jadhav, Fire Station Officer from the Fire Department, Banaswadi. Mr Jadhav delved into the different methods and media for extinguishing fires, providing practical demonstrations. He also showed the children how to assist an individual during a fire emergency, especially when the person is unconscious. The students and staff actively participated in a Q&A session, ensuring a thorough understanding of the topic.

Following the theory session in the auditorium, the children also received hands-on training on

how to use fire extinguishers effectively. It was an invaluable experience, allowing participants to gain practical skills that could potentially save lives in the future.



Actively engaging in the demonstration process, the staff and students learned how to prevent accidental fires in various situations. This knowledge enhances their safety and equips them to act as responsible citizens in the event of a fire emergency ensuring a safer environment for all.

## Dental Hygiene Workshop

*Angela (CBSE Teacher)*

On Thursday, 27<sup>th</sup> September 2023, a Dental Hygiene Workshop was conducted in collaboration with Rajiv Gandhi College of Dental Sciences and Hospital. This workshop was organised after the recent student health

check-up revealed that a large section of students suffered from caries and other dental issues.

The resource persons for the event were a team of dedicated dental professionals, interns from the Department of Public Health and Dentistry. The first session, for students of grade V to X, emphasised the strong connection between overall health and oral health.

In the second session, tailored for CBSE and Montessori children of I to IV std, the dental experts emphasised the importance of a balanced diet for maintaining healthy teeth. The session stressed the distinction between permanent and milk teeth, underscoring the need to care for permanent teeth from a young age.



Informative videos were screened to help students comprehend tooth decay, hygiene, and proper food habits. To ensure that the knowledge was effectively absorbed, several students were invited to demonstrate proper brushing techniques using models provided by

the dental experts. Flossing and correct handwashing techniques were also demonstrated, as they play a pivotal role in overall health. The workshop proved to be an enlightening experience for both students and

parents. It reinforced the importance of dental care, ensuring that our children's smiles remain bright and healthy throughout their lives. A healthy smile is a gift that lasts a lifetime!

## Sexuality Workshop

*Angela (CBSE Teacher)*



An interactive and engaging workshop, 'Growing up Strong and Navigating Puberty with Confidence,' was held on 25<sup>th</sup> September 2023. Two separate sessions were conducted for the boys and girls of grades V and VI. Led by adolescent health experts Dr Preeti Galagali for the girls and Dr Sushma Sanjay for the boys, the event provided a safe space to explore the changes occurring in bodies. The workshop encouraged open discussion and learning through experience.

One of the most innovative aspects of the workshop was the use of comics, props and dolls to demonstrate the changes that occur in the body during puberty. This hands-on approach made complex biological processes accessible and relatable for the children, fostering a better understanding of their own bodies.

Beyond the physical changes, the workshop delved into essential topics like hygiene and physical growth. The children learned to care for their bodies and develop a positive body image, promoting self-esteem and self-acceptance.

Children also became aware that life skills, like time management, meditation, prayer and yoga, help them build their skills and gain confidence to embrace this transformative phase of life.

Selected responses from a few children in this workshop are under consideration to be posted on the WHO website. This event, conducted in collaboration with The Global Forum for Adolescents, was posted on the website - <https://www.1point8b.org/national-events>

## Empowering through Group Activities: Montessori's Holistic Approach to Education

*Dr S Rekha Reddy (Director, Indian Institute for Montessori Studies)*

*Explore the transformative impact of group activities within Montessori education and discover why it's not just about individualism but nurturing well-rounded individuals.*

<https://www.rekhareddy.com/group-activities-in-montessori-schools/>



The dictum, "Let me do it myself!" clearly summarizes the philosophy of Montessori education, emphasizing self-directed learning. In a Montessori classroom, particularly in preschool, you will observe children immersed in their individual work, diligently pursuing their tasks independently. This often raises the question of whether any group activities exist in Montessori schools at all.



A group activity involves the participation of more than one student and involves a collaborative learning approach where students join to tackle problems and find solutions. This entails assigning roles, pooling knowledge, offering support and effective communication. These are the skills that foster social development.

Group activities can be initiated by either the children themselves or the teacher. The Montessori classroom provides ample opportunities for group work, fostering social development. The very composition of the Montessori classroom, featuring three mixed-age groups, creates a community of children with varying abilities based on their age, interests and skills at a particular point in time. In this setup, whenever a child faces a problem, other peers readily offer their help. The children who excel in certain activities lend a helping hand to the ones in need. These group interactions occur spontaneously and are not teacher-directed, unlike in regular schools. Similarly, during outdoor play, groups of children naturally devise their own solutions for taking turns or accommodating younger peers.

In addition to these spontaneous group activities, structured group activities are integrated into all areas of the curriculum. For instance, while preparing the Montessori classroom for a collective activity like "Walking on the line", which requires clearing the space on the painted ellipse on the floor, children collaborate. While some children clear the space, others get the materials needed and arrange them on a table.



In sensorial activities, working with matching Geometric Cards and Geometric Insets requires groups of three children to collaborate and coordinate to complete and enjoy the activity. Similarly, some activities with geometric solids and musical bells are designed for pairs of children, which teaches them taking turns.

In the realm of language education, numerous group activities exist, including initial enrichment of vocabulary exercises, object box activities, and oral phonetic activities. Sometimes, two children collaborate and learn nuances of sentences and punctuation using a sentence box. Command cards are popular group activities where one reads and the other executes the command. Additionally, songs, role plays, and dramas are very much a part of the Montessori classroom.

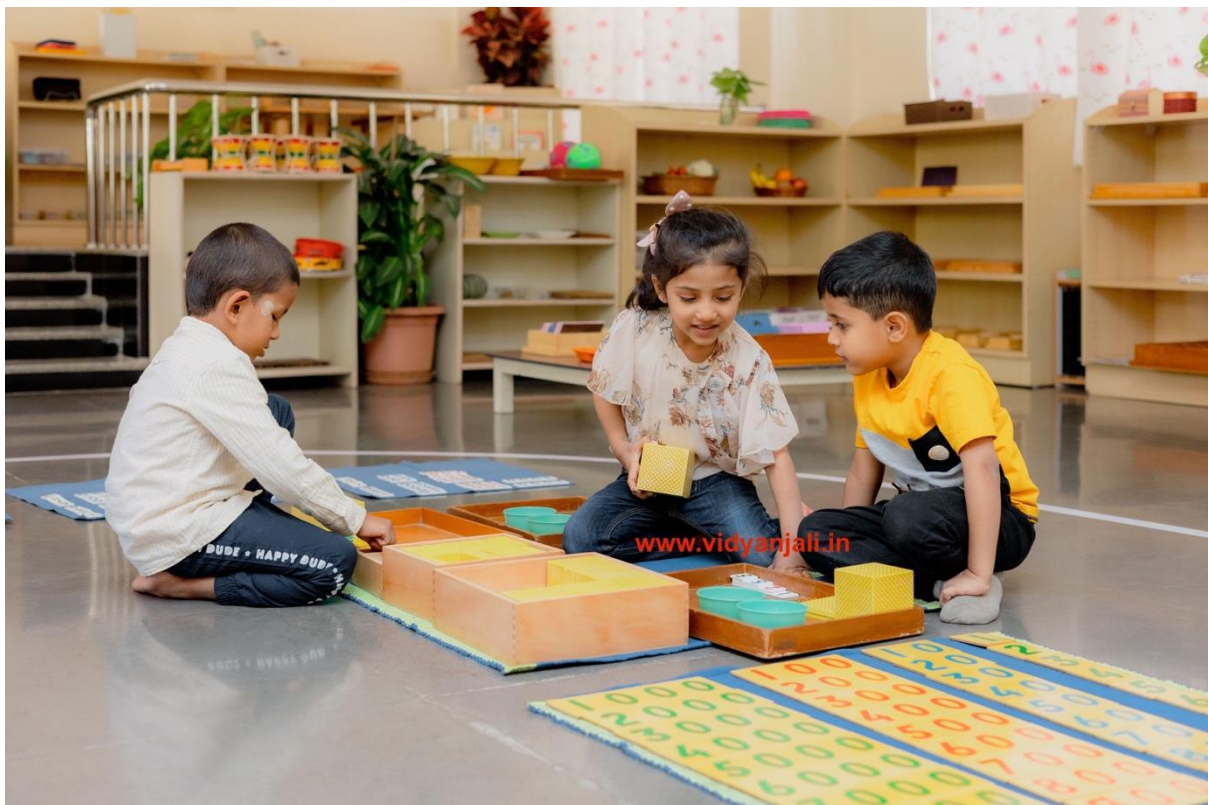
As children progress to Arithmetic, they engage in a group activity called "Chit Game". This activity involves each child selecting a chit and collecting as many shells as the number indicated on the chit. Sometimes, the activity presents challenges when the last child is left with either no shells or a lesser number of shells. In such situations, the children collectively address the issue, drawing upon their existing knowledge to devise solutions.

Similarly, in the formation of quantities stage in the Decimal system, the teacher assigns a number to one child, another brings the corresponding quantity from beads, and a third obtains it from cards, making it into a group activity. Furthermore, the introduction of the four arithmetic operations is a group activity, allowing children to gain hands-on experience with larger quantities. Over time, the children transition from primarily working individually to actively engaging in group work, particularly as they reach elementary school.

Group activities in a Montessori classroom are subtle and don't require the teacher's constant supervision, as is common in traditional schools. One might overlook these activities if one does not pay close attention. The social development within the classroom is so spontaneous that the entire community intuitively understands its role. Despite limited sets of materials, children respect unspoken rules, patiently

waiting for the materials to be returned to their designated places, respecting the spirit of Montessori Class (Montessori, 2016). When child X is anxious about getting a piece of equipment which child Y is working with, instead of snatching it from him, he tries to find a solution. He waits patiently until Y completes his work and helps him to return the material to the display. Sometimes, they bargain and come to some understanding of choosing the next material. This type of spontaneous social development is unique and not commonly observed in other educational settings.

In conclusion, while Montessori philosophy places a strong emphasis on individual development and independence, it also recognises the child's role within society as a cultural entity. Consequently, the Montessori classroom offers a diverse range of both spontaneous and teacher-directed group activities, fostering the development of responsible and engaged members of society.



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