

Vidyanjali's Bugle



Principal's Note

Strong bodies, Sharp Minds!

The Student Health Check-up conducted at Vidyanjali offered valuable insights into the well-being of our children. The month of August was vibrant with activities that enriched both students and parents. The Mock Parliament provided our children with a practical understanding of the democratic process. Sports competitions nurtured a spirit of healthy competition, teamwork, and leadership. The Puberty and Adolescence workshops empowered parents and students to navigate this important stage of growth with confidence and support. In addition, parents actively participated in Talents Day and Parent Empowerment programs, showcasing their skills and strengthening their bond with the school community.

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Puberty Workshop for Parents

Jasmine (CBSE Teacher)

A parental workshop was hosted for parents of Grade V students titled "Navigating through Puberty with Confidence" on 2nd August 2025. Renowned psychologist, Dr Nisha Menzies Rao, led the session and shared valuable insights on the physical changes during puberty. Parents learned positive strategies like staying calm, encouraging diversity, and supporting their child's growth with patience in this stage of life. The workshop proved as a tool for parents in nurturing healthy and confident, young minds.



family in a child's learning journey. The day served as a platform for young learners and their parents to express themselves through music, dance, and traditional attire.

The atmosphere was filled with warmth and excitement as parents actively joined their children on stage, creating memorable moments of connection and joy. The presence of grandparents added a special charm, reinforcing the importance of family in a child's learning journey. Montessori Primary Talents Day beautifully highlighted the creativity, confidence, and cultural appreciation of our students.

The event was graced by Ms Vaishnavi H S, a distinguished media visionary known for her inspiring journey from strategy to screen. Her presence was both encouraging and motivating for the young performers and their families. We were also honoured by the presence of our Director, Dr S Rekha Reddy, whose unwavering support continues to guide the Vidyanjali community.

Talents Day

Ramya (Montessori Teacher)

Vidyanjali enthusiastically celebrated Montessori Primary Talents Day on 2nd August 2025, a vibrant event that brought together students, parents, and grandparents to reinforce the importance of



Friendship Day

Ramya (Montessori Teacher)

To instil the timeless values of friendship and to nurture the cultural fabric of community bonding, the Montessori Lower Elementary children at Vidyanjali Academy for Learning joyously celebrated Friendship Day on August 1st, 2025.

The celebration began with gentle discussions led by teachers, helping children understand the essence of friendship—highlighting the importance of trust, compassion, and connection. With cheerful hearts, the children then participated in a joyful craft activity, lovingly creating handmade friendship bands using colourful wool and threads. These bands were exchanged among peers and teachers, symbolizing affection and appreciation.



This special day not only brought happiness but also reinforced essential life values. The celebration served as a beautiful reminder of the power of small gestures in building lasting relationships and nurturing emotional growth among children.

Adolescents' Workshop

Sheryl (CBSE Teacher)

On 5th August 2025, CBSE students from Classes 6 to 8 attended a follow-up workshop titled “Growing Up Strong – Navigating Puberty with Confidence.” Led by adolescent health expert Dr Sushma Sanjay, separate sessions were conducted for girls and boys to reassure that puberty is a natural phase of life and to encourage them to approach it with self-awareness, confidence, and positivity.



The workshop covered essential topics such as brain development and its impact on emotions and decision-making, physical changes like growth spurts, voice changes, menstrual health, reproductive health, and personal hygiene. Dr Sushma explained how diet, exercise, sleep, and preventive care through vaccinations and regular check-ups play a crucial role in overall well-being. She also addressed body image, self-esteem, and responsible use of social media, guiding students under the themes “My Body, My Responsibility” for boys and “My Body, My Rights” for girls.

Interactive group activities allowed students to practice coping strategies, healthy habits, and support systems, while case studies encouraged critical thinking and peer learning. Open discussions created a safe space for questions and sharing experiences.



Overall, the workshop provided age-appropriate guidance and practical strategies, empowering students with the knowledge and confidence to navigate adolescence in a healthy, responsible, and supportive environment.

Boys' Volleyball Competition

Sheryl (CBSE Teacher)

The under-14 boys' volleyball team of Vidyanjali secured the runner-up position at the tournament held on 1st August 2025 at Delhi Public School, Jalahalli Village, Bangalore. The team, under the guidance of Health & Physical Education teachers

Mr Girisha and Ms Bhagyashree, displayed an outstanding performance throughout the competition, combining skill, teamwork, and unwavering determination.

After continuous practice and hard work, the team entered the tournament with confidence and enthusiasm. They faced strong opponents but never gave up, encouraging one another and staying focused in every match. This achievement reflected not only their talent but also their perseverance and positive attitude.



Educational Trips

Jasmine & Sheryl (CBSE Teachers)

"The world is a book, and those who do not travel read only one page." – St. Augustine

Students from various grades were given a wonderful chance to step out of their classrooms and explore the world around them. These educational trips took them to fascinating places that not only made learning fun but also helped

them discover new interests and see the world with fresh eyes.

CBSE I & II

On 13th August 2025, the CBSE Grades 1 & 2 students visited Aquarium Paradise, J C Nagar as part of their experiential learning. The trip provided first-hand knowledge beyond classrooms. Students observed aquatic animals, their habitats, and learned about marine conservation in a fun and engaging way. Guided by their teachers, they took notes and shared ideas while exploring the wonders of nature.



CBSE IV & V

On 21st August 2025, the students of Grades 4 and 5 also went on an educational trip to Mysuru. The enthusiastic and energetic students and teachers headed along to explore the biodiversity of Shuka Vana, the history of Vishwam Museum, the creativity and originality in the Sea Shell Museum, and the grandeur of the Mysuru Palace. The trip provided valuable cultural insights beyond the classroom.



CBSE VI-VIII

Students of Grades 6, 7, and 8 went on an educational trip to Mysore on 6th August 2025. The itinerary was filled with exciting places like Mysore Palace, Payana Car Museum, Sea Shell Art Museum, and the World of Mysore Pak Factory. Students were thrilled to explore vintage cars, admire the grand architecture of the palace, and learn about the history behind each site. The industrial visit to the Mysore Pak Factory was a sweet experience, as students watched how the famous dessert is made and bought fresh packs to enjoy later. The Sea Shell Museum amazed them with intricate artworks crafted from seashells. The day was filled with learning, laughter, and new discoveries.

Overall, the educational trips enriched students' understanding of history, culture, art and nature,

leaving all with happy memories and new experiences.



personality. Dr. Reddy highlighted the importance of observing and respecting the natural growth of every child, fostering independence, and nurturing curiosity.



Montessori Workshop for University Students

Ramya (Montessori Teacher)

Vidyanjali hosted an enriching orientation program titled “The Montessori Philosophy and Stages of Development” for undergraduate Psychology students of Christ University on Wednesday, 13th August 2025, and Thursday, 14th August 2025. The two-day event aimed to introduce students to the core principles of the Montessori method, emphasizing child-centred education and holistic development. The session was led by the Director Dr. S. Rekha Reddy, who shared her extensive expertise and deep understanding of the Montessori philosophy.

Through engaging and interactive discussions, students explored the developmental stages defined by Dr. Maria Montessori, gaining insight into how each phase shapes a child’s learning and

Students also had the unique opportunity to visit Montessori environments within the academy. These immersive experiences brought theoretical concepts to life, allowing students to witness firsthand how thoughtfully prepared spaces and hands-on materials encourage self-directed learning. The workshop proved to be a meaningful introduction to Montessori education, inspiring future psychologists to consider alternative, child-focused approaches in their academic and professional journeys.



Sri Krishna Janmashtami

Ramya (Montessori Teacher)

The Montessori Primary children at Vidyanjali Academy for Learning celebrated Krishna Janmashtami with great joy and cultural enthusiasm on Wednesday, 13th August 2025. The day was filled with creativity, tradition, and festive cheer, offering a meaningful connection to India's rich heritage. The celebration began with hands-on craft activities that engaged the children's creativity and imagination. By crafting beautiful peacock feathers using vibrant craft paper and explored potato printing to represent the *dahi handi*, delighting in the colorful patterns they created.



A highlight of the event was the traditional churning of curd. Flower-adorned pots added a festive touch, enhancing the joyful atmosphere. Children were captivated with the story of Lord Krishna's birth. Their faces lit up with curiosity and wonder. Principal, Mrs. Vijayalakshmi, was invited to initiate the churning, followed by eager

participation from the children, whose laughter and excitement filled the air. The celebration concluded with melodious Krishna bhajans sung by the children, creating an atmosphere of devotion and joy. This memorable event beautifully combined cultural learning with joyful participation, leaving lasting impressions and heartfelt memories for all.



79th Independence Day

Sheryl (CBSE Teacher)

On 15th August 2025, the school celebrated Independence Day with great pride, focusing on the theme "Remembering the past, celebrating the present, and looking forward to the future." The



event aimed to instil values of freedom, equality, justice, and unity in diversity while connecting India's freedom struggle to today's challenges. The entire program was roleplayed by students of Grades 4 and 5, who brought the spirit of patriotism alive through their performances.



The celebrations began with floral decorations, followed by the flag hoisting by Chief Guest Shri C R Lokesh Reddy and the school leadership team. The National Anthem filled everyone with pride and unity. The cultural program featured inspiring speeches, a soulful unity song, a skit on



responsible living, and a vibrant patriotic dance—all performed with enthusiasm and dedication by the young students.

In her speech, Dr S Rekha Reddy motivated students to dream big and serve the nation. The event concluded with a distribution of sweets, and students returned with renewed patriotism and a sense of responsibility.

Students' Health Check-Up

Jasmine (CBSE Teacher)

"Health is the greatest wealth."

Annual Health Check-up for the academic year 2025-26 was organized for students from Montessori to Class X with the aim of promoting awareness on health and hygiene, ensuring early detection of health concerns and instilling the importance of regular medical check-ups for the overall well-being of students. This was conducted in collaboration with Bangalore Baptist Hospital, Hebbal on 25th and 26th August, 2025. The health check-up included Vision Screening, Dental Screening, ENT and general health check by doctors. Students received their health cards,



and teachers informed parents about any health concerns, ensuring proper follow-up and care.

Parent Empowerment Day

Ramya & Jasmine (Montessori and CBSE Teachers)

"The most empowering gift we can give our children is informed, aware, and supportive parents."

Vidyanjali organized Parent Empowerment Day to commemorate the birthday of Dr Maria Montessori, the visionary of child-centred education. Insightful talks were conducted by various mental and physical health professionals tailored according to the concerns or needs of students based on their age groups.

CBSE I & II

Parent Empowerment Day was conducted for parents of Grades I and II, on Saturday, 23rd August 2025. The session titled "Raising Confident, Independent and Self-Reliant Children" was conducted by Dr. Sowmya Puttaraju, Consultant Psychologist and Psychotherapist. The enriching session offered practical insights into fostering self-reliance, emotional resilience, and inner confidence in children from an early age. Dr. Sowmya emphasized the importance of allowing children to explore, make choices, and learn through natural consequences, aligning with Montessori principles. She also encouraged parents to

become mindful, empathetic guides in their child's developmental journey.



CBSE IV-VI

Parent Empowerment Day was organized on 24th August 2025 for parents of Grades 4-6. Dr. Ashwini N.V., CEO of Flourish School and founder of Muktha Foundation, addressed parents on Prevention of Child Sexual Abuse and Intervention. The session highlighted types of abuse, provisions under the POCSO Act, child-friendly investigation, and the importance of reporting to helpline 1098. Parents were also guided on recognizing warning signs in children, myths about abuse, bullying, and cyber safety. The session was interactive, and parents' queries



on puberty awareness and consent were addressed.

CBSE VII-X

The Parent Empowerment Day for classes VII to X was conducted on 30th August 2025 with the theme "Click Smart, Stay Safe - Raising Responsible Digital Citizens." The session aimed at guiding parents and students to develop healthy digital habits and ensure safe online engagement in today's technology-driven world.

Dr. Madhurima Das, a well-known expert in the field of child psychology and digital safety, highlighted issues such as cyberbullying, screen addiction, data privacy, and the need for mindful social media usage. She provided practical strategies for monitoring online activities without breaching trust, creating open communication at home, and setting boundaries for responsible gadget use.



Parents raised relevant concerns, which were addressed thoughtfully by Dr Das. The program proved to be highly enriching, leaving parents

more aware and better equipped to guide their children in navigating the digital landscape safely and responsibly.

Mock Parliament

Jasmine (CBSE Teacher)

"Democracy is best learned by practicing it."

The Social Science Department organized a Mock Parliament on 29th August 2025. The event was organized by and for the students of Grades 9 and 10, to develop democratic values among students, help them understand parliamentary procedures and build qualities of leadership and responsible citizenship. Students of grade 8 served as the audience. For the session, students debated on SEWA (Social Empowerment through Work Education and Action) classes for lower grades and the need for longer lunch breaks. Grade 10 took the role of the ruling party and Grade 9 the opposition, engaging in spirited arguments and rebuttals. The proposals were forwarded to the school administration, making the event a true lesson on civic awareness, and respectful dialogue.

