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NEWS

VIEWS
&

VOICES



NIRMA
VIDYAVIHAR

Schooling, as it should be..

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Welcome back after a short mid term break. At school, children are surrounded by a spectrum of different cultures. At this juncture tolerance is more important than ever.

Our country known as the "melting-pot" of the world, is founded on respect for individual differences. Those differences in language, customs, traditions, culture, religion, ideas, ethnicity and lifestyle have contributed to the strength and richness of our country.

Shouldn't we strive to preserve this richness?

At Nirma Vidyavihar, we strive to build tolerance among our children through varied activities and programmes.

First and foremost, students are encouraged to respect different cultures by the celebration of different festivals. We teach by example and provide them with opportunities to play and work with others.

**"This above all, to thine own self be true,
And it must follow, as the night the day,
Thou canst not then be false to any man."
- Shakespeare**

Another important trait that needs to be instilled in all of us is HONESTY.

Teaching honesty is tiring and it requires years of continuous reinforcement. Honesty affords peace of mind, strengthens relationship and builds trust. It is a cornerstone of a happy and a healthy life

Honest people have certain things in common and these qualities are real assets for any person to have. Some of these assets are integrity, honesty, self-values, positive attitude about life and our judicial system, sense of purpose in life, reesponsibility, self-esteem etc.

Ability will enable a man to go to the top, but it takes character to keep him there. So we dedicate this month to **Tolerance and Honesty.**



"If you tell the truth, you don't have to remember anything." - Mark Twain

"Honesty is the first chapter in the book of wisdom." - Thomas Jefferson

"If civilization is to survive, we must cultivate the science of human relationships - the ability of all peoples, of all kinds, to live together, in the same world at peace."
- Franklin D Roosevelt

"Tolerance isn't about not having beliefs. It's about how your beliefs lead you to treat people who disagree with you." - Timothy Keller

FROM THE DESK OF THE PRINCIPAL

As the school dwells on values each month through these columns and through various activities in school, we feel we are following the right trend as we are now being made aware by our lawmakers about the need to maintain cleanliness in our homes and environs. It takes a lot of continued effort to make people aware about what values we stand for and an even more concerted effort to put thoughts into action. The idea of cleanliness should be reinforced at home as well so that children develop it as a way of life. Through these columns I request you to send a napkin in the lunch bag of your child as it will enable them to keep their place tidy at lunchtime.

Coming to school activities, we are nearing our Sports day on 29th Nov, at our Chharodi Campus. We expect all of you parents, to join us on this signature event of ours and encourage our children. Sports Day is one event where, in the holistic development of a child, values like integrity, teamwork and the spirit of sportsmanship are reinforced.

**EVENTS AT
NIRMA VIDYAVIHAR**

GANDHI JAYANTI

October reminds us of Mahatma Gandhi's birthday. Pre-Primary had a special assembly. The students of Sr.KG A sang a song to depict the views of Gandhiji. Children were told stories about the life of this great man.

The students of Primary sang the famous Bhajan to commemorate the birthday of our leader. Children were told short stories of the honesty displayed by Gandhiji as a young boy.

**PUPPET SHOW FOR
PRE-PRIMARY**

Before Diwali vacation, the puppet show was conducted for the Pre-Primary children. Moral based stories were taken like The frog, the fish and the turtle. Through this story we showed them the value of friendship and unity.

Another story was about The Roly-Poly Caterpillar. It gave the moral that we should be happy with whatever we have and what we are.

We believe that story telling through puppet shows can enhance learning in schools which brings about a holistic development in children. Children actively participated and they enjoyed the stories through the puppet show.



**FIELD TRIP TO
MADHUBAN FARM**

The children of Jr Kg went for a field trip to Madhuban farm, Thaltej.

As always, the children were excited for their

field trip. It was fun to see beautiful birds like emu with baby, a pair of ostriches, turkeys, pigeons, swans, pheasant, hens, cocks, Macau parrots, African parrot, zebra finch, kaka kauwa, budgerigar and animals like horse, cow and calf, dogs etc.

The farm was extremely well kept and clean. They were also showed eggs of ostrich and emu. Children were excited when they took one of the Macau parrots out of its cage. The teachers took turns to take the parrot on their hands to show the children.

They children enjoyed and learned a lot about birds and animals. They returned happily to school.



**VISIT TO
GANDHI ASHRAM**

The students of Sr. KG were taken to Gandhi Ashram to view Bapuji's photo gallery. They enjoyed seeing his photographs and oil paintings from his childhood to Satyagrah. After visiting the gallery we proceeded to 'Hridaykunj' which was Gandhiji's home during his stay at Ahmedabad. The curious children were taken on a guided tour to all the rooms like kitchen where different utensils used by Gandhiji were shown. The children were also shown guest room, Gandhiji's



office etc. An enthusiastic caretaker at 'Hridaykunj' explained about the spinning wheel (Charkha).

As a mark of respect, Pre Primary children sang the prayer written by Gandhiji "Satya Ahimsa" and "Sadbhavna Geet".

In the peaceful and serene atmosphere of Gandhi Ashram children enjoyed a lot and learnt more facts about the life of our Great national leader – Gandhiji.

WORLD FOOD DAY

World Food Day is celebrated on Oct. 16 every year all over world. The day is celebrated to motivate the people to eat healthy and nutritious food. Also, the day is celebrated to motivate the people not to waste food. The students of class IX – B presented a skit in which they showed that on one side the people are wasting the food and on the other side there are people who are not able to get a morsel of food. The students took the pledge that henceforth they will not waste the food.



**CHILDREN'S DAY
CELEBRATION**

The birth anniversary of Pandit Jawaharlal Nehru, our first Prime Minister, is celebrated as Children's Day.

Children's day was celebrated in pre-primary with the teachers performing on an animal song for their little ones. The children were thrilled to see their teachers' performance.



They gave vent to their creativity by making a clown as an art and craft activity for Jr KG children. The Sr KG children drew a flower pot drawing.

The children were also given a self made gift to be taken home. Jr KG children had made a hanging of four golden words. Sr KG children had made an origami flower. The children were happy with the special attention they received on their special day.



EMBROIDERY

Earlier the art of embroidery was passed onto the next generation by elders in the family. Women were trained at home in various skills required to run home efficiently of which embroidery was an important skill. But in today's world most women prefer to work, which has made families to become nuclear. Unfortunately embroidery has not been recognized as an art form even though it has been practiced since the earliest known civilizations.

Fortunately, we still have a class for embroidery teaching in our school.

The various forms of embroidery could become a Hobby or taken up professionally. Anybody can learn this art and the only criterion is the enthusiasm and positive spirit to learn. The best example for this is our students. They have shown their unbeliev-

able talent in embroidery. See the designs made by our students – their imagination is wonderful. Their talent is extra-ordinary and praiseworthy. Nobody can say that they are made by standard 6th students – but professionals.



TRIP TO POLO FOREST – A NEW PAGE OF MY LIFE!

The trip to Polo forest was a thrilling, adventurous and exciting experience. It was enjoyable and at the same time exciting. This one day trip has become a memorable part of our life. Our journey started at 7 O' clock in the morning from Bodakdev. It took us around four hours to reach our destination. This four hour journey was the best moments. We danced and sang all along the journey. Finally we reached our destination.

Sauntering on the forest area, chirping of the birds, the river flowing and shining in the sun and gravel shining through the shallow water bed, we were mesmerized by the natural beauty of the place.

Polo is a home to diverse flora and fauna. We enjoyed walking through the jungle. We also saw remains of ancient Jain temples. Each temple revealed its story. Trekking in the polo forest was quite challenging because of the huge rocks and slopes on which we had to walk. But it was fun! Also the most thrilling



experience was crossing the stream by stepping on stones. Another beautiful moment was adoring the beauty of the place with its silence. After this we stopped at a resort to have a scrumptious lunch. We visited the dam also. On the way back it grew dark and we reached Bodakdev at around eight and sadly alighted the bus carrying wonderful memories.

Khushi Gupta and Palak Purohit IX A

A VISIT TO THE MONUMENTAL CHAMPANER

The students of Class X went on a one day trip to Champaner and Vasad on the 10th of October. As always a trip generated immense enthusiasm and excitement amongst the students and even the teachers. The students assembled at Bodakdev at 6.30 am and after a short prayer boarded the bus for Champaner. The bus journey was memorable as the students sang and played antakshari.

On reaching Champaner, the students were enlightened about its glorious history by a learned historian, Mr. Ghanshyam. He shared his vast knowledge about Champaner-Pavagadh which is a world heritage site. The Jama Masjid was constructed during the reign of Mahmud Beghda, who was the grandson of Ahmed Shah, the founder of Ahmedabad. It is a beautiful structure that depicts Indo-Islamic architecture. The students were awed by the magnificence of this ancient structure.

The next destination was a nature park in Vasad. Lunch was provided and then the students proceeded for various adventure activities. They thoroughly enjoyed the thrill of crossing the Burma Bridge and Wobbly Bridge; Climbing the Commando Net and the Tree house. But the most sought after activity was the flying fox which gave them a taste of freedom of flight.

Tired but not exhausted, the students boarded the bus for journey back home. Their exhilaration continued as they danced to their favourite tunes. Happy and contented they reached the Bodakdev campus and went home.

EXPERIENCES

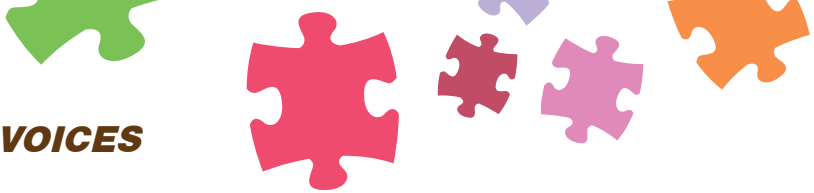
It was an unforgettable experience, the memories of which I will cherish for a life time.

Zainab Chataiwala

The intricate designs of the Jama Masjid and the perfect architecture left me spellbound

Prarthana Kasat





The beauty and precision of the Indo- Islamic Architecture of the Jama Masjid greatly inspired me !

Aastha Chandiwala

I was amazed by the knowledge of our guide Mr. Ghanshyam . Even at the age of 80 his energy and enthusiasm was astounding.

Malvika Goel

The adventure activities at Vasad were mind blowing --- the flying fox was awesome.

Rahi Shah

Holding a chameleon in my hand was an out of the world experience – one that I will cherish forever.

Rupam Adoja

The bus journey, both to and fro, was the highlight of the trip. We played, sang and danced to our heart's content. A wonderful feeling of togetherness and camaraderie surged through our veins.

Raghav Sehgal

FIELD TRIP TO INDRODA NATURE PARK

Children's Day, 14th of November was celebrated by taking the students of Class III,IV and V on a field trip to Indroda Nature Park. The excited and enthusiastic children accompanied by their teachers left the school at 9.00 a.m.

The children were taken around the zoo which was spread around a vast area. They saw a variety of birds, animals and reptiles. The children were very excited to see a white



peacock. They were particularly interested in looking at the skeleton of a Blue Whale which was on display. The monkeys swinging from the branches of the trees excited and delighted the children, after an exhilarating walk through the park, the children settled down in a shady area of the park and refreshed themselves. They were then taken to the Dinosaur Park. Before taking them around Mrs. Kusum Parmar gave a brief talk about conservation of nature, birds and animals. She also enlightened them about the dinosaurs and fossils they would see in the park. She made the children promise that they would not pollute the environment and endanger the lives of birds and animals. The children went around the park and saw the huge models of the dinosaurs. They were awe-struck by the sheer size of the dinosaurs. A Day Well Spent. They returned to school after an exciting and informative field trip to Indroda Park.

MOVIE SHOW FOR CLASS I AND II

The students of class I and II were taken to the NIM auditorium for a movie show on 14th November 2014. They enjoyed watching "Haathi ka Anda", a Children's Film Society Production.

They then went to Middle School campus to have their lunch.

NIRMA SCHOOL BAND PERFORMS AT THE NIRMA UNIVERSITY CONVOCATION

It was a wonderful opportunity for our budding performers of the school band to be invited to play for the ceremonial march of the dignitaries at the 18th Annual Convocation of Nirma University, on 18th October 2014. A signature event of the University as it is, it must be mentioned that what used to be the pride of the Police Band was handed over this year to this bunch of young players from Nirma Vidyavihar. Needless to say they were the cynosure of all eyes and were appreciated and applauded .



INTER SCHOOL COMPETITIONS

1ST PRIZE IN ELOCUTION



Tamanna Mohta of class XI secured first prize in All India Inter-school Elocution competition held at CN Vidyavihar on 7 October 2014

NIRMITES SHINE AT ZYFEST

Children of Nirma Vidyavihar once again came out with flying colours at Zyfest-reve 2014,the Inter-school competition held at Zydus School For Excellence, Vejalpur on 15th of November. Our school won the overall First Runners up Position amongst 11 schools. Well Done !!!!!!!

The winners are:

1.First Position:

Hindi Drama (Group B) Devyani Srivastava VII C, Tarsh Shah VIII A, Varada Patel VIII C, Vanya Srivastava VI D, Tanisha Agrawal VII C, Neel Shah VIII C, Dhruvik Patel VIII C , Shreya Tibrewal VIII B.

PPT (Group B) Nisarg Upadhyaya, Hrushti Naik ,Vrushti Sanghvi and Satyam Daga of class VIII, Siddharth Khemka and Parth Mehta of class VII

2. Second Position:

Poem Come Alive: (Group A) Krish Vinod IV D, Moksha Betai IV D, Ansh Bhandari V A, Priyanka Mehta V B, Anushka Shah V D, Akshat Khaki V D, Dev Thakkar V D, Sakshi Gathani V D.

Collage making Competition: (Group A) Aarushi Kadam IV A, Jahanvi Patel V C, Hetanshi Patel V D.

Elocution Competition: (Group B) Manav Gada VIII C.

3 Third Position:

G K Quiz Sanidhya Mallya VA, Samrudh Mallya V D.

Dance (Group-A) Chinmay Patel IV B, Chitransh Nag IV D, Vrund Vachhani V A, Harshal Raval V A, Jwalin Joshi V B, Arya Patel V B, Honey Acharya V B, Yashvi Jain V C, Rishabh Jain V D, Soham Vaishnav V D.

School Band: Puru Rohatgi XI A, Madhav Oza IX D, Dev Chauhan IX B, Dev Patel IX C, Hitarth Bhatt IX C, Jatin Wardani IX A, Om Patel IX D.





**WINNERS AT
KHEL MAHAKUMBH**

**CHESS CHAMPION
ONCE AGAIN!!**

Dhyana Patel of class IV retained the championship title in the Khel Mahakumbh (under 11) chess tournament held in Dwarka. She is the state champion for the second consecutive time. Well done Dhyana!!!



**FIVE GIRLS SELECTED FOR
STATE LEVEL BASKETBALL**

Five Girls of class XI were selected for State Level Basketball Tournament conducted by District Sports Office. They secured the fourth position as a part of Ahmedabad Rural Team. Congratulations!! Sanya Lekhi, Sarangi Patel, Dhvani Shah, Sanjna Patel and Dhruvi Patel.



**3RD POSITION AT THE
STATE LEVEL BASKET BALL
TOURNAMENT**

Sanya Lekhi from class XI and Udita, a PE teacher from Primary section secured third place in the State level basketball tournament organized by the government of Gujarat at the Khel Mahakumbh.



**2ND POSITION IN
100MTS SWIMMING**



Riyaan Chintan Shah of class III stood second in the 100mts Swimming Competition at State level at the Khel Mahakumbh-Competition.

**FOOTBALL CHAMPION AT
KHEL MAHAKUMBH**

Spandan Kalawadia of std 7A was selected for Ahmedabad under -13 football team for Khel Mahakumbh and the team won the finals at Ankleshwar on 17/11/2014.



**3RD POSITION IN
UNDER 13 BOYS FOOTBALL
TOURNAMENT**

The U-13 boys team of Nirma Vidyavihar stood 3rd at the District Level Khel Mahakumbh. Spandan Kalawadia of VII std. was selected to play at the State Level and the team won the finals. Well done boys !!!



**5TH POSITION IN GIRLS
FOOTBALL TOURNAMENT**

The under 13 girls football team stood 5th out of 22 teams in the State Football tournament conducted at Rajpipla by the government of Gujarat in the Khel Mahakumbh. Well done girls!!!



STUDENTS' CORNER

Tolerance

Tolerance is very important in one's life. To learn tolerating in times of pain helps us become strong and brave. In times of lot of pain, tolerance becomes very important. Instead of screaming, crying or getting angry, one should stay calm and think about something else which would distract herself or himself from the situation. By tolerating situations, the person is showing how calm and strong he or she is. After the situation we may cry out loudly away from the eyes of so many people to lighten our hearts and lessen our pain but at the time of situation, tolerance becomes very important. Tolerance helps us to become mentally strong and so we should always try to tolerate painful situations.

Rucha Patel
VI C

Tolerance is a virtue which the strong possess. It is a trait that the greatest have in them. Quite often it is misunderstood as cowardice but in reality, it is pure bravery and strength at its best. To be honest, it isn't an unknown fact that we live in a world where a person, group, state or even an entire nation can agitate, be ruthless and provoke their counterpart merely to seek attention or prove themselves the stronger, more powerful and perhaps of a better league. But is this strength? Is anger and violence the answer to everything? I definitely disagree with such a view. The greatest men were the ones who were most patient and tolerant. Whether it is Mahatma Gandhi, Nelson Mandela or Abraham Lincoln---- they all fought back, not by violent means but by being tolerant and doing what is right in the right way. Surely these great men can never be called weak. They had a steely resolve to achieve their goals and they did --- but with patience, compassion and tolerance.

Muskaan Pathak
IX B

Tolerance is difficult to practice, hard to make others practice and easy to boast about. But the question is how to tolerate others? Tolerance comes when you have a good self control. Tolerance also makes you a better person. Teaches one to sacrifice for others. It makes you accept people even if they are full of flaws. Tolerance has helped mankind achieve great feats. For instance, it was Mahatma Gandhi's tolerance which helped in achieving India's Independence. To cast another example, the application icon Steve Jobs, who was removed from his own company, acted rather than reacting. He started from the scratch and the rest is history. The best preparation is the preparation of our mind and that is the key to tolerance.

Varda Patel, Khushi Bhatt, Nisarg Upadhyay
VIII C

Tolerance is a sign of wisdom
And a message of care
To remember I should refrain
From masteries I might have gained.

I lose if I don't accept to tolerate
The comments or advice!
And when I win I thank those people who
tolerate me.

Twisted words do not break me,
They give an enlightened message to my
soul
To generate the power of Tolerance.

Honesty is telling the truth. When I am honest, I feel clear inside. Honest thoughts and words create harmony. We all know that honesty is the best policy. There is deep relationship between honesty and friendship.

Riya B Patel
VI B

They say
Honesty is the best policy.
But we say
We can't be honest you see.

Why can't you be
A truthful pal
Don't you want respect
From one and all?

What's wrong with truth?
What's wrong with honesty?
Just try it friends,
We can all be honest, can't we?

Ruhi Saduka
VI D



It is said that honesty is the best policy. Honesty refers to a facet of moral character and connotes positive and virtuous attribution such as integrity, truthfulness and along with the absence of lying, cheating, theft etc. In short, honesty means being trustworthy, loyal fair and sincere. An honest man is fearless and courageous. He does not bow his head before others. He can face any situation in life with courage and confidence. On the other hand, a dishonest man is fearful and corrupt. He has no internal happiness. An honest man is always respected by others. We live in the world of competition. There is a rat race for more wealth and more power.

However, people should not forget honesty. Honesty and trust is required to take our country further. At last I will only say that honesty and frankness will make you win the hearts and minds of people around you.

Tapan Pathak.
IX B

God is with you,
When you are true.
God gives you the best,
When you are honest.
Nothing dares you,
Nothing worries you,
When honesty is with you.
Be honest,
Be loyal,
Be the best!!
Honesty is the best policy,
An honest
Person has nothing to fear,

Viveka Patel
IV C

THE QUALITY OF TOLERANCE

Violent protest is not the way,
That's what Gandhiji used to say.

Tolerance is a quality that everyone
doesn't possess
But it surely assures success for
one who possesses

To tolerate is to empower
This sows a garden of peaceful
flower

Tolerance with silence is a card
game of patience
People who have this can achieve
success on all occasions.

Khushboo, Khushi
Rutuja, Hetvee
Anjali, Mudra
IX A

Words, Words, Words
I search for you
Permit to express what I know
Engulf me with your power
And let me speak
The truth shall be free
And must be heard.

My tongue is tied
I summon you, Muse
For inspiration
To speak the truth
Justice will be lost
And should be found
Words are my sword
to be heard and make a sound
Never leave me my muse

Stay with me as I grow old
I need you here
In this lonely, treacherous world
Where truth must be told
Be with me, too
Not only in word,
But of will and weld
SO, I can walk my talk

Manav Shah
V C

It is true that honesty is the best policy.
Today, we see many things around us which are
not honest. Many persons are dishonest. Dishonesty
may shine for some time. It may earn money, power
and men. But all this is for a short time. Honesty is courageous;
there is no place for dishonest people on the earth.
They lose the battle in the end. An honest person only can
win a place in the hearts of people. Double-faced men get
temporary response but they are thrown out of people's
hearts. Dishonesty can not face the reality. It has to say
hundred lies to hide one dishonest act. Therefore honesty is
the best policy.

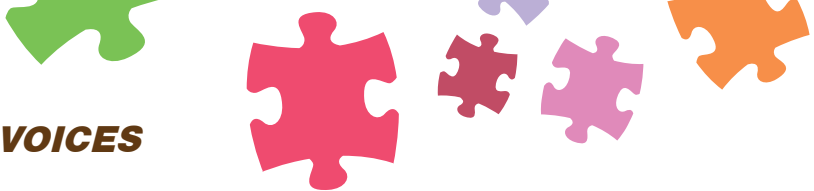
Diya V. Patel
V B

Where and when we have to practice honesty

- At the time of paying for things at shop if shopkeeper is busy and forgets to ask for payment.
- In queue we have to be very honest to maintain it.
- When we answer our tests
- While distributing something among family or in equal group.
- At our professional position.
- While dealing with our teachers, parents and elders.
- When we forget to do our Home work we must be honest with our teachers.

Class V





Hobbies are an integral part of a person's life. All of us have one hobby or the other. However there are people who have strange hobbies of collecting things. See what these people collect.

1. philatelist – stamps
2. numismatist – coins
3. deltiologist – postcards
4. notaphilist – bank notes
5. phillumenist – matchboxes
6. scripophilist – old bonds & share certificates
7. machirologist - knives
8. bibliophilist – books
9. copoclephilist – key rings
10. rabdophilist – walking sticks
11. lepidopterist – butterflies & moths
12. coleopterist – beetles
13. conchologist – animal shells
14. arctophilist – teddy bears
15. plangonologist – dolls

DO FISH SLEEP ?



"Yawn" "Stretch" Do you like to sleep? Of course who on this earth does not like to sleep. When the new day beckons, it seems like we all want just a little more sleep. But what if you couldn't lie down, close your eyes, and sunnle into your warm, cozy bed? Would you still want to spend your time sleeping? Would you be able to sleep? Have you thought of these questions when you wake up and feed your pet goldfish?

Do fish sleep? If yes, how do they sleep? Let's find out.

Yes fish do sleep; since they are constantly swimming they need rest from time to time. Fish sleep with their eyes open, because they don't have eyelids to close (except for some shark). Their sleep is not exactly like human sleep. It is more like a resting period

similar to a day-dream that humans might experience. They save and restore energy by resting. Sometimes we see fish when they are sleeping and assume they are awake because they are still moving. They need to keep moving even when they are sleeping, so that they keep a constant flow of water moving past their gills to maintain a proper oxygen level in their bodies. For some larger fish, like shark, this can take the form of swimming at a slower rate when sleeping. Smaller fish might be able to do nothing more than occasionally move their fins. Certain types of fish are known for sleeping in ways that look more like traditional sleep to humans. For example, fish that live near a coral reef might stay active all day long and then hide in crevices in the reef at night to avoid predators. One peculiar fish doesn't use a pillow, but it does use a "sleeping bag" of shorts! The parrot fish is known for its ability to secrete a "sleeping bag" made of a jelly-like substance made of mucus. When it's time to rest, parrot fish surround themselves with a jelly "sleeping bag" to protect from predators when they are ready to snooze!

Scientists measure fish sleep by looking at brain waves. They know fish sleep because they can see the fishes' brain waves getting slower, and the frequencies getting lower, as they fall asleep.

FACTS ABOUT DOLPHINS

- Dolphins are extraordinarily intelligent animals who also display culture, some thing which was long-believed to be unique to humans (although now recognised in various species).
- Dolphins have been observed teaching young how to use tools. They cover their snouts with sponges to protect them while foraging.
- Dolphins have several highly developed forms of communication. They have a "signature whistle" which allows other individuals to recognize them.
- Dolphins are altruistic animals. They are known to stay and help injured individuals, even helping them to the surface to breathe. Their compassion also extends across the species-barrier. There are many accounts of dolphins helping humans and even whales.
- Dolphins are incredibly social animals. They live in groups and cooperate with each other to get food and in raising offspring (calves).

Facts about December

December was originally the tenth month of the year in the Roman calendar. It gets its name from the Latin word "decem" which means tenth. However, when the Romans added January and February to the calendar, it became the twelfth month. They still kept the name, though.

Fun Facts about December
It is the first month of winter and the last month of the year.

In the United States the month is associated with Christmas. There are Christmas decorations, sales, musicals, and parties.

A lot of people have days off around Christmas and before New Year's Eve. December in the Northern Hemisphere is similar to June in the Southern Hemisphere. The first day of Winter is on either December 21 or 22. This is the shortest day of the year and the longest night. It is called the Winter or Southern solstice in the Northern Hemisphere.

- 1st Dec. World Aids Day
- 3rd Dec. World Disabled Day (Handicapped)
- 4th Dec. Navy Day
- 5th Dec. International Volunteer Day
- 7th Dec. Armed Forces Flag Day
- 10th Dec. World Human Rights Day
- 11th Dec. UNICEF Foundation Day
- 14th Dec. National Energy Conservation Day
- 18th Dec. Minorities Rights Day
- 23rd Dec. Kisan Divas (Farmer's Day)
- 24th Dec. National Consumers Rights Day
- 25th Dec. Christmas





Parents' Corner

“The family plays a critical role in our society and in the training of the generation to come.” —**Sandra Day O'Connor**

As parents we have a great responsibility of nurturing Honesty and Tolerance in our children. Our job as parents is not just to give good education but also bring them up to be responsible and mature adults. Honesty cannot be instilled till the child is 3 to 3 and a half years old. Before that, they will need your guidance and compassion to slowly absorb

these concepts. You need to be firm on honesty and gentle on your children. A word of caution-make the environment safe for them to be safe. Avoid threats.

How can I instill this value?

1. Talk with your children-

How about a talk after dinner? Yes all the members of the family must sit together after dinner for some quality time.

Talk about examples of dishonesty in current events, television programs, and commercials. Share true stories about honest deeds which help children understand the importance of being honest in everyday life.

There are many stories about honest people - in the Panchatantra and in the Jataka tales. There is also the famous story of Gandhiji and his honesty even when he was very young.

2. Model honesty

Education begins at home. So as parents we must walk the talk. Be role models. If they see us being honest in our relationships with others, they will pick it up quickly. Children are imitators, and you are the one they are emulating. When we are dealing with others, Children watch our attitude. They hear what we tell others. Set a positive example for your child to, “Do as I do.”

3. Follow the Golden rule- Don't lie.

How often do we lie? Small lies... or may be a bluff? When the call comes from office, do we tell our children – “Say daddy is not well and sleeping” (When actually we have made a plan for a movie). Here you're setting an example. When you lie to your children, they'll think that it's okay to lie. But, on the other hand, when your children lie to you, you get mad. You can't have double standards.

4. Avoid Punishment

When you know that your child is lying, do not punish or otherwise berate your child for being dishonest. This will only make it worse. Do not label the child as being a liar or as being dishonest. Talk to your child.

5. Praise honesty

When children lie we at once react and punish them. But do we ever praise them whenever they are honest? Recognize and reward honesty. When your child is honest in any number of ways - if they give their best effort, if they speak the truth, if they played by the rules, appreciate them. Your positive feedback will help reinforce the right behaviour in them.

It is we as teachers and parents in partnership that can help our children become honest, upright citizens who contribute to make this world a better place.

AS ELEANOR ROOSEVELT ONCE SAID, “UNIVERSAL HUMAN RIGHTS BEGIN IN SMALL PLACES, CLOSE TO HOME.”

So at home we have a greater task to be performed. We have to teach our children how to handle differences across the globe and how to be tolerant towards the other religion, language, cultures and customs.

To cultivate tolerance, parents have to instill in children a sense of empathy, respect and responsibility — to oneself and to others — as well as the recognition that every person on earth is a treasure.

Talk about tolerance. It is not easy to teach tolerance at one go. It is an ongoing process. Be willing to talk about differences and understanding during your family talks, while watching programmes T.V etc.

Challenge intolerance when it comes from your children.

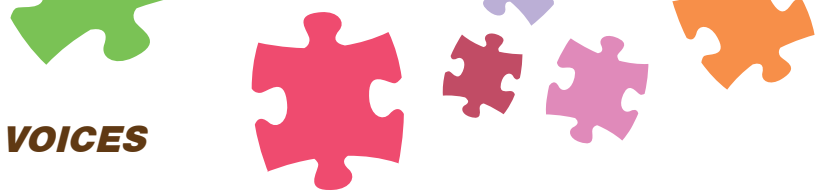
When a child says or does something that reflects biases or embraces stereotypes, confront the child. Ask your child how he/she will feel if somebody calls them names.

Allow children to interact with people who are different from them.

The greatest tolerance you can teach your child is when you take your child to places where a variety of children are present — people of different races/ethnicities, socio-economic backgrounds, family structures, etc. Encourage a child to spend time with elders — grandparents, for example.

Model equity.

As parents, we are our kids' first teachers. When it comes to teaching tolerance, actions speak louder than words. When you say that boys and girls are equal but refuse to allow your girl to play football or you taunt your son that it's girlish to cry, what message are you sending. As a parent and as your child's primary role model, be consistent in how you treat others.



Health Corner



D FOR DATES

1. Dates are free from cholesterol and contain very low fat. Dates are rich in vitamins and minerals.
2. They are rich source of protein, dietary fiber and rich in vitamin B1, B2, B3 and B5 along with vitamin A1 and C.
3. It helps improve the digestive system as it contains soluble and insoluble fibers and different kinds of amino acids.
4. Dates are great energy boosters as they contain natural sugars like glucose, sucrose and fructose. To get more advantage add dates to milk and make it a very nutritious snack. Dates are very low in calories and are extremely suitable for health conscious people.
5. Dates are rich in potassium and reduced in sodium. This helps regulate a healthy nervous system. Researches have revealed the fact that potassium intake up to a certain extent can reduce risk of stroke. Dates also help in lowering of the LDL cholesterol.
6. Dates have high iron content and are very useful in treating anemia. The patients can eat many dates for better advantages. Dates also have fluorine that slows down the process of tooth decay.
7. It helps people suffering from constipation. Soak dates overnight and take it along with water to have added advantage.
8. Dates help in weight gain and are beneficial for those who suffer from over slimming problem.

RECEIPE OF DATES

Delicious Dates Halwa

Ingredients:

- 200 gm dates
- 1 cup milk
- 1 1/4 cup powdered sugar
- 1/4 cup ghee
- 100 gm cashew nuts
- 1/4 tsp elaichi powder

Method:

Remove the seeds of the dates and chop them in small pieces. Place milk and dates in a pan and bring to a boil. Let it cook till thick on low flame. When the mixture get thickened, add sugar, ghee and cashews and cook further till mixture leaves sides of pan.

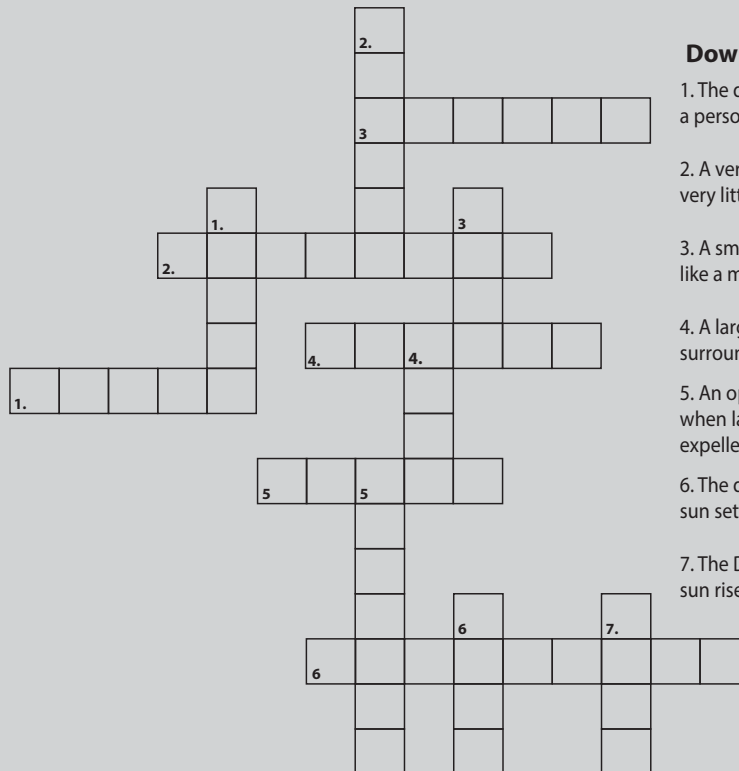
At last add elaichi powder, mix well and spread in a thin layer on to a greased surface and leave to set. Garnish it with finely chopped almonds and cashews.

When cool and set, slice into pieces and serve.

Activity Corner

Advanced Crossword Puzzle - Geography

Directions: use the clues below to fill in the crossword puzzle with the correct words.



Down

1. The direction to the left of a person facing the rising sun.
2. A very dry region where very little vegetation can grow.
3. A small rise in the land It is like a mountain only smaller.
4. A large body of water that is surrounded by land
5. An opening in the earth's crust when lava, steam, and ashes are expelled
6. The direction in which the sun set.
7. The Direction on in which the sun rises

Across:

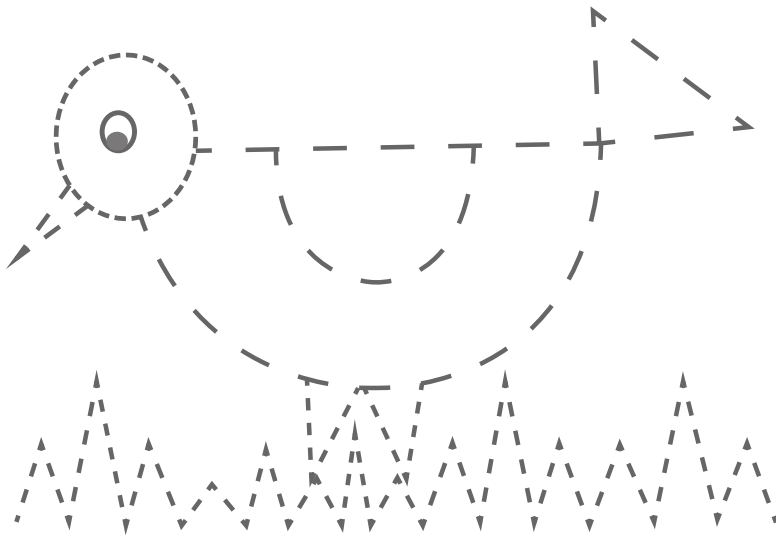
1. The direction to the right of a person facing the rising sun.
2. A large rise in the land. It is bigger than a hill and forms a peak at the top.
3. An opening in the earth's crust where water is expelled.
4. A low, flat region between hills or mountains.
5. A body of water which travels through a channel in the earth's surface.
6. A steep fall or flow of water from a high place on earth's surface to a lower one.





LETS HAVE SOME FUN WITH COLOURS

Activity for pre-primary, Join the dots & colours



DOES HE KNOW A MOTHER'S HEART
- BY ARUN SHOURIE

Arun Shourie is an Indian journalist, public intellectual and a former cabinet minister. This book is his autobiographical work and an attempt to cope with his only son's affliction with cerebral palsy and his eventually futile

attempts to seek solace from different religious traditions. It is a scathing attack against attempts of religious preachers to downplay or explain away human suffering. This book offers a choice – you can pretend it does not exist, or you can suffer. We are cowards before destiny.

Shourie rips apart the security blanket of feigned ignorance and questions – WHO IS THE GOD OF INJUSTICE? Who creates the gene that goes away and twists an innocent life into lifelong tragedy? Who ravages earth with the mass annihilation of an earthquake or tsunami?

Death is the law of life; but what is the logic behind sudden death, or lingering misery that consumes existence, drip by drip with cruel, endless pain?

Shourie writes through his wife's anguish. This book is a narrative of her character, courage and above all her love. Their spastic son, 35, lives outside time. The bond between parents and their child is a boundless, almost mystic love and then Anita, his wife, goes down with Parkinsons.

Shourie explores Christianity which believes that this world is a consequence of crime and punishment. Islam promises justice in eternity. Hindu philosophy offers purification as an answer.

Shourie's God is a croupier at the roulette wheel indifferent to those whose number spells misfortune.

HONESTY

Activity for primary, colour the picture





“હું મજામાં છું” જીવનમંત્ર રચુશે ઓકાવા

આપણે સર્વ હંમેશા આનંદમાં રહેવા માંગીએ છીએ કે મજામાં રહેવા માંગીએ છીએ. કોઈને પણ પૂછો કેમ છે ? તો જવાબ મળે છે કે મજામાં, પરંતુ ક્યારેક આ વાત શત પ્રતિશત સાચી હોતી નથી એમ પણ બને છે. પરંતુ જો ખરખર મજામાં

રહેવું હોય તો તેના માટે આ પુસ્તકમાં જાપાની મહાગુરુ રચુશે ઓકાવાએ આપણને જુદા-જુદા વિભાગમાં મજામાં રહેવા માટે નાના નાના જીવનમંત્રો આપેલા છે વિદ્યાર્થી, શિક્ષકો, માતા-પિતા, કોઈપણ કાર્યાલયના કર્મચારી તેમજ સર્વ કોઈને મજામાં રહેવાનો મંત્ર શીખવે છે. ગેરશિસ્ત, અયોગ્ય વર્તન, ડર, નિષ્કળતા, હિંસા જેવા લક્ષણોથી કેવી રીતે બચી શકાય તેની વાત આ પુસ્તકમાં જાણવા મળે છે. આ પુસ્તકમાં જીવનમાં મજામાં રહેવાના અનેક મંત્રોમાંથી અમુક આ પ્રમાણે છે – જેમ કે મુક્ત ચૈતન્ય સાથે જીવવું, હકારાત્મક વલણથી જીવવું, પોતાની નબળાઈ કે અપૂર્ણતાથી સતત જાગૃત રહીને તેને વિકાસમાં બદલવું, સતત નવી વસ્તુ શીખતા રહેવી, પોતાના જ પ્રતિસ્પર્ધી બનવું, સતત ચાલતા રહેવું, દરેક પરિસ્થિતિનો સામનો કરતા રહેવું, પોતાના ધ્યેયમાં અજોડ રહેવું, શ્રદ્ધા રાખવી, પોતાની મર્યાદાનો સ્વીકાર કરવો, આવા અનેક મંત્રો આપેલા છે જેને જીવનમાં ઉતારવાથી આપણે સતત અને કાયમ મજામાં રહીએ. અસ્તુ.

સંજય જોષી

“IN INDIAN CULTURE : WHY DO WE”

Written by Swamini Vimalananda and Radhika Krishnakumar , “ In Indian culture: WHY DO WE ” is a very informative and interesting read. The authors are presently incharge of Chinmaya Mission and the book revolves around the teachings of Swami Chinmayananda

Since childhood, we are taught certain basic practices regarding our religion. Although we continue to follow some religious practices throughout our life, we hardly ever question the logic or reason behind them.

This book answers all our basic questions regarding Hindu practices like why we always have a tulsi plant in our homes, why we light a lamp during puja, why we put sindoor or vermilion on our foreheads etc.

Many times, we refuse to follow these age old customs. But after reading this book, we realize the science behind all of these practices

KRUSHNAYAN

This book describes Lord Krishna as a human being. Kajal Oza Vaidya has used a very novel approach In writing about the life of one of the most intriguing characters of

Hindu mythology. The book also describes the relationship of Krishna with three important women in his life as a beloved-Radha, as companion or wife Rukmini and as a friend Draupadi. This is a story about how they were thinking about Krishna and how they dedicated their lives to Lord Krishna. So, much has been already written about Krishna

yet Kajal Oza Vaidya makes her book unique. Perhaps we should look at Krishna as a great human being rather than as an Avtar of Lord Vishnu.



ACHIEVERS

INTERNATIONAL KARATE TOURNAMENT HELD IN SOUTH GOA

Kavya Bhatt of Class IV and Ashka Prajapati of Class V participated in the 5th International Shito-Ryu Karate Tournament held at Goa in November and won Silver and Bronze medals in Kumite and Kata respectively. 500 participants from 6 countries were there in all. Well done girls!!!

Dipti Shah of VI C won a Gold Medal (under 11) Bhavish Hiranandani- of VIII A won silver and bronze medal (under 13)



CBSE SPORTS TOURNAMENT

Riya Patel of Class IV became the first participant from our school for the Inter School Tournament organized by CBSE at L K Singhania School, Rajasthan. She took part in skating.



STATE BADMINTON CHAMPIONS

Aryan Jariwala of class VI secured the III Place in the Under 13 boys Doubles in the Gujarat State Badminton Championships conducted by GNFC Ltd at Vadodara.



2ND POSITION IN LAWN TENNIS

Ishwari Seth of IX A represented Ahmedabad rural, held at Rajkot.

