



MONTHLY NEWSLETTER

EDITION 5 (MAY 2025)

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"The highest education is that which does not merely give us information but that makes our life in harmony with all existence." – Rabindranath Tagore

FOUNDER'S MESSAGE

Embracing Transitions with Gratitude and Hope

Dear Anand Niketan Shilaj Family,

As we come to the close of yet another academic year, I feel immense gratitude for the journey we have shared. For some, it's a time of reflection and accomplishment; for others, it marks the beginning of new challenges ahead. Every stage in this journey is meaningful and shapes the vibrant learning culture we've built together.

This school is more than just a place of academics—it is a space where values, curiosity, and character take root and flourish. I thank our students, parents, and educators for their commitment and belief in our shared vision.

As we head into the summer break, may it be a time of rest, discovery, and joyful connections with family. Let's return rejuvenated and ready for another year of meaningful learning.

–Shri Kamal Mangal
Founder, Anand Niketan Group

DIRECTOR'S MESSAGE

A Time to Reflect, Recharge, and Reconnect

Dear Parents and Students,

As we conclude this chapter of the academic year, we pause to appreciate the incredible growth, resilience, and achievements of our students. Each project, performance, and personal milestone reflects the spirit of determination that thrives across our campus.

While some grades take their final steps this year, others prepare to begin anew. In every case, it's a moment to celebrate progress and set new intentions. I encourage our students to use the summer not just for rest, but also for exploration, creativity, and reflection.

To our parents and educators—thank you for walking alongside us with trust and support. Let's continue building a culture of excellence, empathy, and lifelong learning.

–Ms. Lamiya Shums
Director, Anand Niketan Shilaj Campus

PRINCIPAL'S MESSAGE

Celebrating Accomplishments, Welcoming New Horizons

Dear Parents and Guardians,

As the academic year draws to a close, we take pride in all that our students have accomplished—both inside and beyond the classroom. Whether it's the end of a grade or the beginning of a new chapter, this is a moment to pause, celebrate, and prepare.

To our graduating classes: we are proud of your journey and confident in your future. To those returning next year: may your summer be filled with joy, learning, and well-deserved rest.

Let this break be a time to rejuvenate, explore your passions, and return with renewed energy and curiosity. We look forward to welcoming everyone back with new goals, fresh enthusiasm, and the same unwavering Anand Niketan spirit.

– Ms. Tanu Mangla
Principal, Anand Niketan Shilaj Campus



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CAMPUS CHRONICLES: HIGHLIGHTS OF APRIL

EARLY YEARS SPOTLIGHT

SCIENCE IN ACTION: COLOURFUL DISCOVERIES!

Our curious learners from **Nursery, K1** and **K2** were thrilled to take part in an exciting science experiment! They observed how adding turmeric to a washing powder solution turned the water red—a magical moment that introduced them to basic chemical reactions in a fun and engaging way.



It was a delightful blend of wonder, learning, and discovery, sparking their love for science from an early age!

GRATITUDE FROM THE HEART: "I AM GRATEFUL"

Students of **Nursery, K1** and **K2** delighted in creating their very own "I Am Grateful" cards. They expressed heartfelt thankfulness for everything from water and nature to their teachers, school, and family through simple words and imaginative drawings.



It was truly heartwarming to witness their creativity, innocence, and sincere appreciation come to life. Each card stood as a unique reflection of gratitude, beautifully capturing the spirit of thankfulness in our youngest learners.

CURIOUS LITTLE EXPLORERS AT THE HEALTH CHECK-UP!

All the students of **Nursery, K1** and **K2** participated in a health check-up where their ears, teeth, and eyes were examined. The experience sparked immense curiosity as they observed the different instruments used during the check-up.



Many were especially fascinated by the eye examination and the special tools used—prompting wide-eyed wonder and plenty of thoughtful questions. It was a meaningful experience that not only ensured their well-being but also nurtured their natural curiosity and eagerness to learn about the world around them.



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BRIDGING GENERATIONS, BUILDING MEMORIES

The Pritibhoj celebration at ANSh was a heartwarming gathering where **Nursery, K1, and K2** students connected with their beloved grandparents through the simple yet profound joys of storytelling and sharing. The morning began with the sharing of delicious home-cooked breakfast, followed by engaging storytelling sessions where grandparents used props and moral tales to spark imagination and values among the young learners.



Students expressed their appreciation through handmade cards inscribed with classmate names, gifting smiles and memories to their grand heroes. The morning ended on a playful note with exciting games like hula hoop challenges, creating precious moments that will be cherished by all.

JOYFUL MOMENTS IN THE OUTDOORS!

The students of **Nursery, K1 and K2** had a delightful time connecting with nature and building strong friendships during a fun-filled outdoor play session. The playground echoed with laughter as they took part in games that promoted movement, teamwork, and joyful collaboration.



These outdoor activities not only brightened their day but also helped nurture important skills such as social interaction, creativity, and a deep appreciation for the natural world.

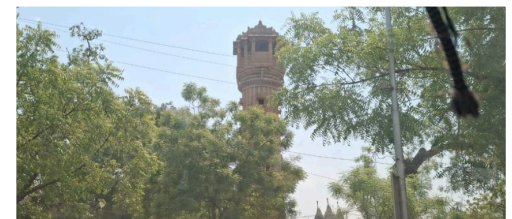
EXPLORING AHMEDABAD: A JOURNEY OF DISCOVERY!

At ANSh, we are the master gardeners of young minds, nurturing curiosity and creativity to blossom into a beautiful bouquet of knowledge!

Our **Grades 3 and 4** students embarked on a thrilling adventure – "Ahmedabad Darshan!" As they journeyed through the city in their trusty bus, they were like explorers charting new territories, discovering hidden gems, and soaking in the sights and sounds of Ahmedabad. Though they didn't stop, their curious minds were fully charged, eager to absorb every detail of the city's iconic landmarks, just like a camera capturing the perfect sunset.

This exciting journey was only the beginning of their voyage of discovery, fueling their imagination and sparking creativity. With each landmark, their minds buzzed with questions, and their curiosity ignited like a sparkler lighting up the night sky!

Who knows what astronomical discoveries they'll make next?





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CAMPUS EXPLORERS – YOUNG LEARNERS ON THE MOVE!

Our curious and excited students from **Grades 1 to 4** transformed into true Campus Explorers as they toured the entire school, visiting key learning spaces across all three buildings. From the vibrant libraries to the buzzing science and computer labs, each stop was filled with awe, discovery, and excitement. The experience helped them understand and appreciate the many learning zones that make up their school environment.



A wonderful way to connect, explore, and feel proud of the place they grow and learn every day!

BOARD GAMES BONANZA!

Our vibrant learners from **Grades 1 to 4** dove into a world of strategy, teamwork, and fun with an exciting Board Games Activity.



Through classic favourites and creative challenges, students developed logical thinking, communication skills, team spirit, and problem-solving abilities. From laughter-filled moves to "aha!" moments, the classrooms buzzed with joyful learning. Board games proved to be the perfect blend of brain boosters and bonding – a playful way to sharpen minds and create lasting memories.

PRECIOUS PURSUITS CULMINATION!

A celebration of learning, joy, and partnership! Our **Grades 1 to 4** students proudly showcased their year-long learning journey during 'Precious Pursuits', with parents joining in to witness the magic unfold.

From engaging presentations to hands-on displays, each child confidently reflected on their growth, skills, and achievements. The presence of parents added warmth and encouragement, turning classrooms into vibrant hubs of appreciation and pride.



Thank you to our wonderful parent community for being an integral part of this beautiful learning voyage!

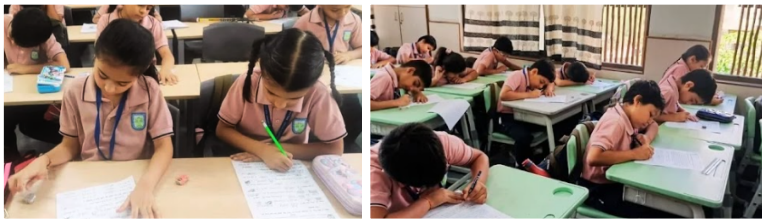


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ASSESSMENT SUCCESS!

Huge congratulations to our **Grade 1-4** students who have just completed their fourth and final assessment!



It's been an incredible journey, and we're beyond proud of each and every one of our students for demonstrating their understanding and skills. From mastering mathematical concepts to showcasing literary flair, our students have risen to the challenge and proven themselves to be curious, capable, and confident learners.

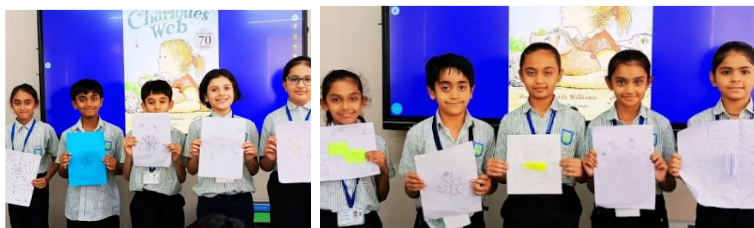
We're thrilled to see the progress they've made and can't wait to celebrate their achievements!

Well done, everyone!

SPINNING THE WEB OF KINDNESS!

Inspired by Charlotte's Web, our **Grade 3** students embarked on a heartwarming activity – "A Web of Kindness – Family & Friends Special!"

They reached out to their family and friends, gathering words that best describe them, along with meaningful stories behind those words. With creativity and reflection, they designed beautiful spider webs filled with uplifting qualities and symbols that represent their kindness, courage, and compassion.



Back in class, they added illustrations, shared their stories, and built a Class Kindness Web, reinforcing the power of positive words – just like Charlotte did for Wilbur!

Words can uplift, inspire, and create lasting connections. How will you use yours?

EMBRACING CURIOSITY, IGNITING IMAGINATION!

Our young adventurers from **Grade 4** embarked on an exciting journey with Mr. Toad, exploring the wonders of creativity and self-expression!

Activity: Toad's Travel Map



In this immersive experience, our students unleashed their imagination, crafting a unique travel map for Mr. Toad's next big adventure! From the lush jungle to the snowy mountains, the deep sea, and beyond, the possibilities were endless.

As they drew their maps, our young explorers developed essential skills in:

- **Geography:** Understanding different landscapes and environments.
- **Creativity:** Bringing their imagination to life through art.
- **Critical Thinking:** Planning and mapping Mr. Toad's journey.
- **Self-Expression:** Embracing their individuality and creativity.

But the adventure didn't stop there! Our students took on the role of Mr. Toad, acting out a scene from their journey. With imaginary cars, boats, and toad-like hops, they brought their maps to life!

We believe in fostering a culture of curiosity, creativity, and critical thinking. By encouraging our students to explore, imagine, and express themselves, we empower them to become confident, compassionate, and innovative individuals.

We're proud of our young adventurers for embracing this exciting challenge and can't wait to see where their imagination takes them next!



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CELEBRATING KINDNESS!

Our **Grade 2** students have been learning about the importance of gratitude and kindness, and we're thrilled to share their creative project with you!

Inspired by Dr. Seuss's beloved tale, 'Yertle the Turtle,' our young learners embarked on a fun-filled activity, 'My Tower of Goodness.' With colorful turtles and thoughtful reflections, they built towers that represent the things that bring joy, strength, and kindness into their lives.



But here's the best part: our students didn't just build towers – they built a foundation for a lifelong practice of gratitude and kindness. They learned that just as a sturdy tower requires a strong base, a joyful life requires a foundation of appreciation, empathy, and compassion.

We believe that values like gratitude and kindness are the building blocks of a well-rounded education. By incorporating these values into our curriculum, we empower our students to become compassionate, thoughtful, and responsible individuals who make a positive impact in the world.

Keep building those towers of goodness!

STEMPIEDIA WORKSHOP: IGNITING YOUNG MINDS WITH INNOVATION

Students from **Grades 2, 3, and 4** participated in an exciting blend of creativity, robotics, and coding during the STEmpedia Workshop. Through hands-on activities using the Quarky device and PictoBlox platform, they explored real-world applications of AI and technology in fun and engaging ways.



From building walking robots and designing face mimic models to creating storytelling animations, musical chair games, and shape catchers, the workshop was a hub of innovation. These interactive projects not only enhanced students' problem-solving and logical thinking skills but also encouraged collaboration and teamwork.

Guided by supportive trainers, students demonstrated immense enthusiasm as they built, coded, and tested their creations. The workshop offered a dynamic and inspiring learning experience – one that sparked curiosity and empowered students to dive deeper into the exciting world of STEM.



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BLAST OFF INTO THE COSMOS!

Our young astronomers set off on an out-of-this-world adventure that was truly astronomical!

Students in **Grades 3–5** blasted off to the Moon and beyond in a session titled "*Destination Moon and Planet.*" They explored the Moon's phases and features, crafted lunar craters that could rival the real deal, and even peered through a telescope, discovering that the Moon really does look like Swiss cheese up close.



Meanwhile, **Grades 6–10** students had an "*Evening Rendezvous with the Sky*" where they delved into the wonders of telescopes, astronomy, and the vast universe. Just as a doctor's stethoscope reveals the heartbeat, a telescope uncovers the celestial rhythms of the universe, and our students are now in tune with the cosmic frequency.

They learned how to align telescopes, identify constellations, and unlock the secrets of the stars. With every look at the sky, they're expanding their understanding of the universe and its many wonders.

The warm and knowledgeable faculty engaged students with valuable insights into NATA preparation strategies, industry partnerships, and CEPT's impressive alumni achievements. The vibrant campus—marked by its contemporary architecture and serene green spaces—left a lasting impression on the students.

This immersive visit not only introduced them to cutting-edge courses in design, civil engineering, planning, and architecture but also ignited a spark of curiosity and passion for these innovative fields. The experience broadened their horizons, helping them envision future academic paths and motivating them to dream big in the world of design and beyond.

UNVEILING HISTORY: A CULTURAL QUEST AT LD MUSEUM

Grade 7 students recently visited the LD Museum and experienced an enriching journey through India's rich cultural and historical heritage. The museum showcased a diverse collection of artifacts, ranging from ancient sculptures to contemporary artworks.



The interactive and well-curated displays provided in-depth insights, capturing students' attention and making the learning experience both engaging and enjoyable. This visit sparked curiosity and deepened their appreciation for the country's artistic legacy.

ARCHITECTING ASPIRATIONS

Our enthusiastic **Grade 9** students recently embarked on an inspiring educational visit to CEPT University, a premier institution renowned for its excellence in design, architecture, and planning. This eye-opening experience offered them an in-depth understanding of CEPT's dynamic academic programs and the NATA entrance examination, a gateway to careers in the creative and structural domains.



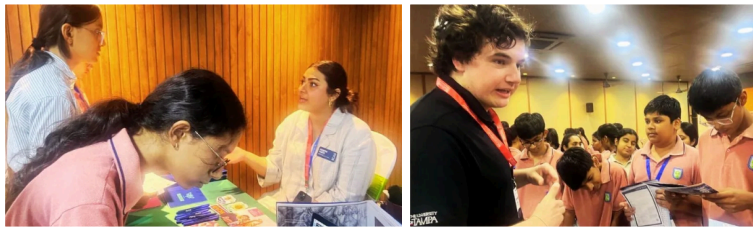


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GLOBAL PATHWAYS UNVEILED: UNIVERSITY FAIR AT ANSH

The auditorium at ANSh buzzed with excitement as **Grades 10 and 12** students participated in a University Fair hosted on campus. As part of the ANSh UniVisit initiative, the fair offered a golden opportunity for students to engage in meaningful conversations with representatives from some of the world's top universities.



Institutions like **Bryant University, Embry-Riddle Aeronautical University, Foothill + De Anza Colleges, Massachusetts College of Pharmacy and Health Sciences, The Ohio State University, Radford University, and Saint Mary's University of Minnesota**, among others, shared valuable insights on courses, campus life, admission processes, and scholarship opportunities.

This event served as a dynamic platform for students to clarify their academic goals, explore global education pathways, and begin shaping their futures with informed choices. The enthusiasm and curiosity displayed by our students reflected their readiness to embrace global opportunities with confidence and vision.

BEYOND THE BOTTLE: A TASTE OF INDUSTRY!

Our **Grades 10 and 12** students at ANSh embarked on an eye-opening educational field trip to a prominent beverage manufacturing facility, offering them a real-world glimpse into the dynamic world of industrial operations.



As an extension of their academic curriculum, students explored the intricacies of large-scale production—from the precision of quality control to the efficiency of automated packaging lines. With a guided, behind-the-scenes tour, they witnessed cutting-edge technology in action, understood rigorous safety protocols, and gained insight into how everyday products are brought to life.

This immersive experience not only sparked curiosity but also deepened students' appreciation for the complex processes that drive the manufacturing industry. At ANSh, we believe in learning that extends beyond textbooks—nurturing inquisitive minds through real-world exposure and experiential learning.



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INSPIRING CAREER JOURNEY

Our **Grades 10 and 12** students had the privilege of attending an inspiring Career Story Workshop hosted in our school auditorium by our very own alumni, Krish Shah (Batch 2023-24), who is currently pursuing his studies at Christ University, Pune Lavasa campus.

During the session, Krish shared his personal journey, shedding light on the various educational pathways and career opportunities available to students today. The session fostered active student participation, giving them the opportunity to ask questions, seek advice, and gain clarity about their future endeavors.

Krish emphasized the importance of developing key life skills such as communication, problem-solving, and time management, which are crucial in any career path—whether in higher education or vocational training. The workshop was a wonderful reminder of the power of perseverance, curiosity, and continuous learning.



EMPOWERING EDUCATORS: PROFESSIONAL DEVELOPMENT WORKSHOP

At Anand Niketan Shilaj, we believe in fostering continuous growth for both our students and educators. A recent Professional Development Workshop was conducted for our team members, offering an enriching experience filled with practical takeaways and meaningful insights.

This immersive workshop supported our educators in strengthening classroom practices and nurturing their personal and professional development.

Workshop Focus Areas Included:

- Attitude Development
- Behavior Management
- Emotional Intelligence
- Facilitation Skills

Each session was thoughtfully designed to enhance self-awareness, improve student engagement, and reinforce effective facilitation techniques.



We were honoured to host **Dr Heena Rachh**, an award-winning educationist and mentor, who led the workshop. With a legacy of empowering over 10,000 educators, Dr Rachh inspired our team with her belief that “empowered teachers are the heart of meaningful education.” Her dynamic facilitation encouraged reflection, collaboration, and a commitment to lifelong learning.

This experience left our team invigorated, better equipped, and more inspired to continue shaping well-rounded, future-ready learners.



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STUDENT ACHIEVEMENTS: SPOTLIGHT ON EXCELLENCE

FABULOUS FALCON: WINGS OF RESPECT, FEATHERS OF KINDNESS!

Celebrating the Values That Help Us Soar!

As we step into May and approach the end of the academic year, we take a moment to celebrate the core values that have guided us through every challenge and triumph. The Fabulous Falcon Awards honour students who exemplify respect, responsibility, and a strong sense of community—transforming our school into a space of belonging, compassion, and growth.

THE THREE PILLARS OF RESPECT

- Respect for Self
- Respect for Others
- Respect for Property

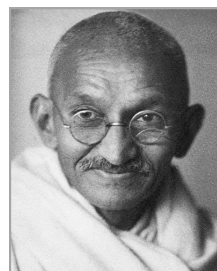
- **Respect for Self:** Saachi Gabhrani(1-D), Harshita Bansal(2-D), Aarushi Patel(3-E), Jiansh Kotak(4-E), Peher Jain(6-B), Jaiman Majmudar(7-F), Saumya Mehta(8-C), Aarav Agrawal(9-B)
- **Respect for Others:** Yashmit Batra(1-F), Anaisha Trivedi(2-B), Jenisha Jadeja(3-A), Dhavit Shah(4-D), Shlok Maniar(6-E), Aanya Kothari(7-D), Khushi Shah(8-B), Virhi Parekh(9-E).
- **Respect for Property:** Shivanya Dave(1-E), Yaj Shah(2-D), Ayan Bhatt(3-D), Saanvi Sharma(4-C), Reya Upadhyay(6-C), Netra Nair(7-C), Yug Patel(9-A).

These students have shown that kindness and integrity are not just values, but daily actions that uplift those around them.

💡 MAY FOCUS:

As we step into the summer break, let's carry forward the spirit of kindness, gratitude, and responsibility into our homes, communities, and beyond. The values we uphold at school remain with us wherever we go.

We look forward to returning refreshed and ready to soar even higher—until then, keep spreading your wings with pride and purpose!



“True education must correspond to the surrounding circumstances or it is not a healthy growth.”

– Mahatma Gandhi



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ACHIEVEMENTS

DWIJA PUROHIT (CLASS 1-A)

Congratulations to Dwija Purohit of Class 1-A for earning her Orange Belt in Karate! Her dedication and passion for the sport have helped her achieve this milestone. Dwija has also made us proud by winning a Bronze Medal at the International Karate Championship earlier. Way to go, Dwija! Keep shining and soaring higher!



ANSH RAJESH THAKKAR (GRADE 6E)



We are delighted to congratulate Ansh Rajesh Thakkar from Grade 6E for his outstanding achievement in the SFA Championships held at IIT Gandhinagar on 24th November 2024.

Event: Speed Cubing – Under 14 Category
He secured: **2 Silver Medals** in: Pyraminx Cube & 4x4 Cube, **2 Bronze Medals** in: 2x2 Cube & 3x3 Cube.

Dron Dabhi–9B won two golds and two silvers at the Khel Mahakumbh 3.0 Skating Competition. Congratulations on his outstanding performance!



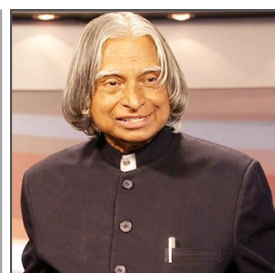
Harshita Bansal of Grade 2D secured 2nd position in the Under-9 category at the tournament held at Anant Chess Academy.



Dhveeja Sompura of Grade 2F proudly represented Ahmedabad District in the 5th Gujarat State Roller Musical Chair Tournament 2024-25 (Under-11 category) and won Bronze Medals in both Musical Chair with Skates and without Skates events. She has now qualified for the Nationals to be held in Goa on 3rd May 2025.



Viyaan Yogin Patel (Grade 1D) won a Gold in Kumite and Silver in Kata at the ISKU Inter District Karate Championship 2025 held at Anand Niketan School, Shilaj in the 7-year age group.



“

Dreams are not what you see in sleep. They are the things that do not let you sleep.”

– Dr. A.P.J. Abdul Kalam



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NURTURING FUTURE INNOVATORS — A MOMENT OF PRIDE!

We are thrilled to announce that two exceptional teams from Anand Niketan Shilaj—Team Saver Bunker and Team Sunflower Solar Panel—have qualified for the Codeavour 6.0 India Nationals held in Gurugram, Haryana! This remarkable accomplishment highlights our students' passion, creativity, and problem-solving skills.

TEAM SUNFLOWER SOLAR PANEL: MAXIMISING RENEWABLE ENERGY

Team Sunflower Solar Panel has developed a groundbreaking project that aims to maximise renewable energy. Their innovative idea is a solar panel that always tracks the sun, just like a sunflower, ensuring optimal energy generation throughout the day. By utilising Light Dependent Resistors (LDRs) and a Servo Motor interfaced with an Arduino Uno, the panel continuously adjusts its position to capture the most sunlight, significantly improving energy efficiency. This project showcases not only their technical expertise but also their commitment to sustainability and clean energy solutions.



TEAM SAVER BUNKER: A SMART BUNKER BED FOR EARTHQUAKE SAFETY



Team Saver Bunker's project is a life-saving innovation aimed at enhancing safety during natural disasters. Their design features a smart bunker bed equipped with sensors to detect earthquake tremors. When an earthquake is sensed, the bed automatically moves the person to a lower mattress position, ensuring their safety. Additionally, a protective lid closes over them, providing cover and protection. The bunker is fully equipped with survival supplies for 7-10 days, ensuring the person's comfort and survival until rescue teams arrive. This project highlights the team's ingenuity and their dedication to solving real-world problems.

Through their dedication to coding, AI, and robotics, both teams have demonstrated outstanding teamwork and innovation. **Team Saver Bunker has earned the incredible opportunity to represent India at the Codeavour 6.0 International Round in Qatar.** From regional rounds to national success, their journey has been nothing short of inspiring, and we are excited to see them shine on the global stage.

This achievement is a testament to the relentless dedication of our students, the commitment of our Stem, AI & Robotics Department, the unwavering support from their parents, and the guidance of our school leadership—all of whom have fostered an environment where innovation thrives.

We are immensely proud of our students and look forward to supporting them as they continue to achieve great things on the global stage.





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RACING TOWARDS EXCELLENCE: ANSH STUDENTS SHINE IN F1 IN SCHOOLS REGIONAL ROUND

An exciting milestone has been reached by our students at Anand Niketan Shilaj, who participated in the prestigious F1 in Schools Regional Round—the world’s largest STEM challenge for school students. With a passion for innovation and teamwork, our talented teams have made the school community immensely proud.

TEAM UNITYM: RACING TOWARD NATIONAL GLORY



We are thrilled to announce that Team UnityM has qualified for the National Finals! Their dedication to refining car aerodynamics, reducing friction, and optimising sustainability led to an exceptional performance. Their efforts were recognised with the Best Sustainability Award, highlighting their commitment to eco-conscious innovation.

TEAM BIZZARE: POWERING THROUGH WITH PRESENTATION EXCELLENCE



Team Bizzare made a powerful impression by winning the Best Verbal Presentation Award. Their clarity, confidence, and professional communication set a benchmark, proving that powerful ideas need an equally powerful voice.

TEAM UNITYM: RACING TOWARD NATIONAL GLORY

Both teams crafted stunning Pit Displays—a visual blend of creativity, brand identity, and technical excellence. Their displays showcased not just engineering brilliance but also storytelling through design.

This achievement is a proud moment for our school community. We extend heartfelt thanks to the mentors, parents, and teachers who supported the teams.

LOOKING AHEAD: NATIONAL FINALS & BEYOND

As Team UnityM gears up for the Nationals, we know they will carry forward the values of hard work, innovation, and excellence. We invite all students to take inspiration from this journey and explore the boundless world of STEM.

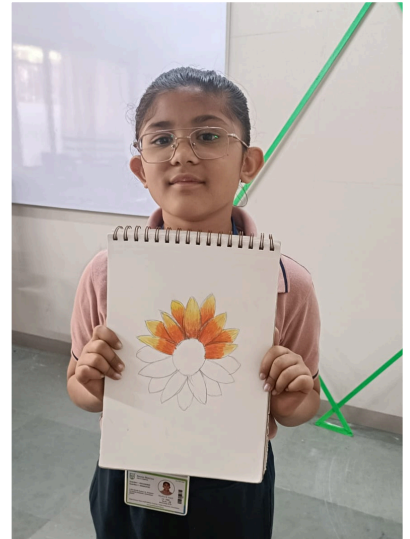
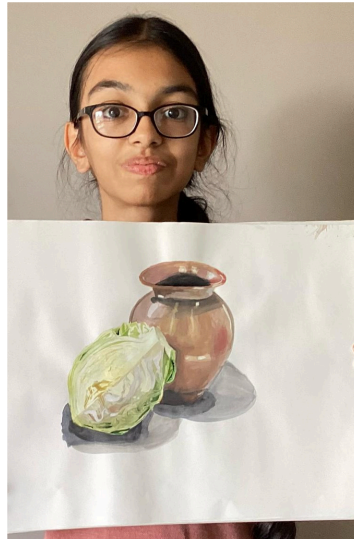


Who knows—our next international STEM champion might just be sitting in today’s classroom!

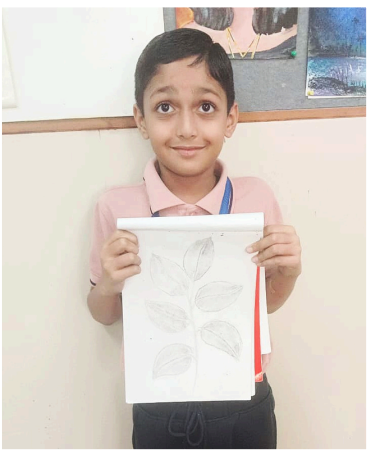
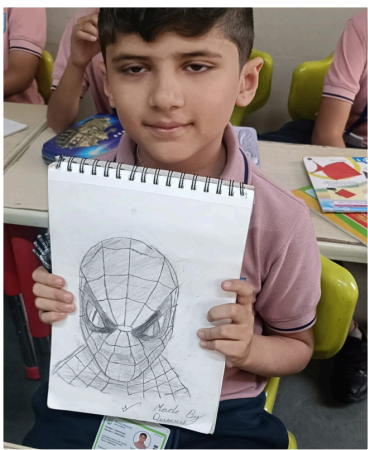
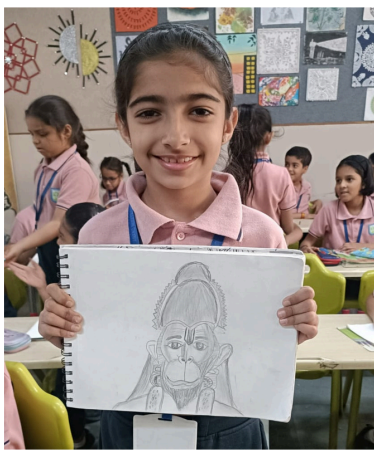


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ART ROOM: BRUSHSTROKES OF EMOTION





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EHSAAS: EMPOWERING HEARTS, ENRICHING LIVES

SAMARPAN-GIVING IS LIVING

This April, our students continued to embrace the values of empathy and generosity through the **Ehsaas** initiative. By sharing their birthday gifts with children from nearby Municipality Schools, they brought smiles, joy, and hope—proving once again that the smallest acts of kindness can create the biggest impact.

We are proud to celebrate the Ehsaas Award recipients for April, whose thoughtful actions reflect the heart of our school's mission—to nurture compassionate and socially aware individuals.



Celebrating Compassion: April Ehsaas Award Winners: Ansh Bhatt(K2-A), Pavini Calla(4-E), Nishka Kothari(4-C), Pranav Gautam(6-E), Havish Patel(6-E), Dhruvaan Ganatra(7-F), Shival Gaadhe(2-B), Reva Shastri(6-E), Kaveesha Chokshi(3-B), Dhimahi Unadkat(3-B), Anaisha Trivedi(2-B), Palash Shah(3-C).

A heartfelt thank you to our parent community for encouraging these values at home. Your support plays a vital role in shaping responsible and giving citizens of tomorrow.

APRIL REFLECTION

As we move through April, let us remind ourselves that every act of kindness—big or small—has the power to touch hearts and transform lives. Through compassion, empathy, and selfless giving, we are shaping a future built on humanity and hope.

"The fragrance of flowers spreads only in the direction of the wind. But the goodness of a person spreads in all directions." – Chanakya

Let kindness be your legacy. Let giving be your strength. Let inspiration be your guide.



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ACTION FOR HAPPINESS

MINDFUL MAY – CULTIVATING INNER PEACE AND WELL-BEING

At Anand Niketan Shilaj, we understand that true happiness begins from within. This May, let's focus on mindfulness—nurturing our mental well-being, fostering emotional balance, and cultivating a sense of peace and purpose in our lives.

Throughout the month, we'll embrace small, intentional moments to stay present, practice gratitude, and connect with ourselves and others. Each day offers an opportunity to grow our inner resilience and nurture a positive mindset.

Here's a calendar filled with mindful activities to guide you through May. From breathing exercises to practicing gratitude, every simple action helps us build a more mindful and harmonious life.



Meaningful May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS

Happier · Kinder · Together



Together, let's embrace the power of presence, self-compassion, and calm. Let's make Mindful May a month of reflection, growth, and inner peace!



MONTHLY NEWSLETTER

EDITION 5 (MAY 2025)

DID YOU KNOW?

Mindfulness Reduces Stress and Improves Focus! Studies show that practising mindfulness can help reduce anxiety, improve concentration, and enhance emotional well-being. By staying present, we can experience life more fully, fostering a sense of peace and fulfillment.

Challenge for May: Try a mindfulness practice each day, whether it's deep breathing, meditation, or mindful walking. Share your experiences with us at ansh.newsletter@anandniketan.edu.in and get featured in our next edition!

THE POWER OF SMALL ACTIONS:

Let's focus on simple, mindful habits this month:

- Start your day with 5 minutes of deep breathing.
- Practice gratitude by noting one thing you're thankful for each day.
- Take a mindful break to refresh your mind.
- Spend time in nature, noticing the beauty around you.
- Practice kindness, both towards yourself and others.

Let's create a mindful community where we uplift one another, foster inner peace, and grow together in harmony.

PARENT'S CORNER: SUPPORTING, GUIDING, AND GROWING TOGETHER

As the much-anticipated summer break draws near, Parent's Corner invites you to embrace the season's relaxed and heartwarming spirit. This month, we're setting aside the usual routines and academic hustle to focus on what truly matters—recharging, reconnecting, and making meaningful memories as a family.

Summer isn't just a break from school—it's a beautiful chance to slow down and rediscover the joy of simply being together. Whether you're planning a getaway, staying in, or trying something new at home, every shared moment helps deepen your connection with your child.

SUMMER MOMENTS THAT MATTER

Here are a few simple and impactful ways to make this summer truly special:

- **Go on a Tech-Free Picnic**

Unplug and unwind! Let your child help with the planning—choosing the picnic spot and prepping snacks encourages independence and teamwork.

- **Start a Family Book Club**

Choose a story everyone can enjoy and discuss it together. It's a great way to build communication and spark curiosity.

- **Make a Summer Memory Jar**

Jot down fun, funny, or heartwarming moments on little slips of paper. Read them together at the end of the break and relive the joy!

- **Practice Daily Gratitude**

End your day by sharing one thing you're thankful for. It's a small habit that builds a big foundation of positivity and mindfulness.

SUMMER TIP FOR PARENTS

Be Present, Not Perfect

This summer, let go of packed schedules and expectations. Instead, lean into presence—a shared laugh, a long conversation, or a quiet moment together. These are the memories your child will cherish the most.



MONTHLY NEWSLETTER

EDITION 5 (MAY 2025)

We'd love to hear from you!

Share your favourite summer traditions or parenting reflections with us at ansh.newsletter@anandniketan.edu.in. Your story could light up another family's summer in our next edition!

***Wishing you a restful, joyful, and sunshine-filled summer!
See you in June with sun-kissed smiles and happy hearts!***

Answer to Last Month's Riddle (April Edition):

"I start out tall, but the more I stand, the shorter I grow."

Answer: A Candle

A big shoutout to our April brainiacs who got it right:

- 🌸 Vinita Jain – Mother of Divij Jain (Class 2E)
- 🌸 Hetal Joshi Thaker – Mother of Saavi Thaker (2F) & Viaan Thaker (K1A)
- 🌸 Parita Parmar – Mother of Virajsinh Parmar (6D)
- 🌸 Priyanka Patel – Mother of Khanak Patel (K1B)
- 🌸 Priyanka Patel – Mother of Shlok Patel (K1C)
- 🌸 Dr. Akanksha – Mother of Reyansh Yadav (Nursery A)
- 🌸 Ravi Makadia – Parent of Rudra Makadia (Nursery C)

Heartfelt congratulations to all our wonderful parents for their enthusiastic participation and correct answers! 🌟

PUZZLE OF THE MONTH

Let's keep those curious minds buzzing, even as we welcome the sunny days of May!

What has hands but can't clap?

Send your answers to ansh.newsletter@anandniketan.edu.in and get a chance to be featured in our next edition!

Your involvement and support make our school community truly special. We deeply appreciate your continued encouragement in nurturing a love for learning and curiosity in our children.

YOUR FEEDBACK MATTERS!

Share your thoughts, suggestions, and success stories with us at ansh.newsletter@anandniketan.edu.in as we continue to create a nurturing environment for our students.

Warm regards,

Team Anand Niketan Shilaj Campus



MONTHLY NEWSLETTER

EDITION 5 (MAY 2025)

SUMMER BREAK BONANZA: FUN & ENGAGEMENT CORNER

Welcome to our sun-sational edition of Fun & Engagement Corner, where learning meets laughter and creativity takes a holiday twist! Whether you're at the beach, visiting family, or chilling at home—take a break from the heat and dive into some fun brain boosters for students, parents, and educators alike.

RIDDLE ME THIS – SUMMER EDITION!

Can you crack these cool clues?

I'm round, bright, and light up the sky, but you'll never find me at night. What am I?

I'm full of stories, yet I never speak. Open me to explore a world unique!

You use me when it's hot, I swirl but never walk. What am I?

(CHECK THE BOTTOM OF THE PAGE FOR ANSWERS!)

I wear a cap but never graduate. I shine bright but don't educate. What am I?

SUMMER BREAK BONANZA: FUN & ENGAGEMENT CORNER

Unscramble the words below that remind us of learning and sunshine!

LHODIAY → _ _ _ _ _

MCRRUICULU → _ _ _ _ _

KBOO → _ _ _

RETAHEC → _ _ _ _ _

MSUEUM → _ _ _ _ _

JOKE OF THE MONTH

Student: Why did the pencil go on vacation?

Teacher: Hmm, why?

Student: Because it needed to draw some relaxation!

Bonus Challenge: Use any three of these words to describe your summer break so far in just one sentence! Send your sentence to ansh.newsletter@anandniketan.edu.in for a chance to get featured!

DID YOU KNOW – SUMMER FACT!

Did you know that watermelons are 92% water? That's why they're the juiciest (and healthiest) summer snack!

MINI STORY CHALLENGE – 6 WORDS ONLY!

Can you tell a story in just six words? Here's one to inspire you:

"Sunburn, lemonade, laughter—perfect summer day."

ANSWERS TO BRAIN TEASERS:

1. The Sun
2. A Book
3. A Fan
4. A Pen (with a cap)

JUMBLD WORD SOLUTIONS:

1. HOLIDAY
2. CURRICULUM
3. BOOK
4. TEACHER
5. MUSEUM



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STAY CONNECTED: FOLLOW US ON SOCIAL MEDIA!

Join us on social media to stay updated on school events, news, and achievements:

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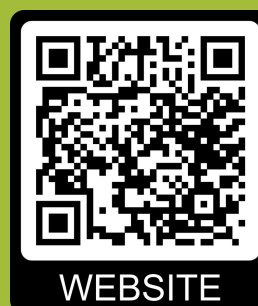
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WEBSITE

Don't forget to like, share, and comment to spread positivity and joy in our vibrant school community!