



HAPPINESS

We prioritise happiness as the heart of education, creating a joyful and supportive learning environment where students feel safe, valued, and excited to learn.



COMPASSION

We instill the importance of empathy and understanding, teaching our students to care for one another and contribute to a compassionate school community.



INTEGRITY

We emphasize honesty and strong moral principles, guiding our students to make ethical choices and contribute positively to society.

## OUR CORE VALUES

At Anand Niketan Shilaj, our core values guide our mission to nurture well-rounded, responsible, and compassionate individuals. These values form the foundation of our educational philosophy and school culture:



ASPIRATION

We inspire our students to set high goals and strive for excellence in all areas of life, promoting a culture of ambition and achievement.



DETERMINATION

We encourage resilience and perseverance in the face of challenges, empowering our students to overcome obstacles and achieve their dreams.



ALTRUISM

We foster a spirit of giving and selflessness, encouraging our students to contribute positively to their communities and support those in need.



RESPECT

We believe in fostering an environment of mutual respect, where every individual - students, teachers, parents, and staff - is valued and treated with dignity.



ADVENTURE

We embrace curiosity and exploration, encouraging our students to step out of their comfort zones and embark on new learning experiences.



## MONTHLY

# NEWS LETTER

EDITION 4 (APRIL 2025)

EDITORIAL TEAM: **Garima Singh, Shivang Naik, Hemanya Dave (9-E), Reva Mamtora (9-E)**

*"Education is the most powerful weapon which you can use to change the world." – Nelson Mandela*

## FOUNDER'S MESSAGE

*Honouring the Past, Embracing the Future*

Dear Anand Niketan Shilaj Community,

As we step into April, we find ourselves at a moment of both reflection and renewal. For some, it marks the successful completion of an academic year—a time to celebrate hard work, perseverance, and achievements. For others, it is the start of an exciting new chapter, full of fresh opportunities and boundless possibilities.

At Anand Niketan, we are committed to fostering a culture of continuous learning and holistic development. Our mission goes beyond academic excellence; we aim to shape individuals who are curious, compassionate, and ready to lead in an ever-evolving world. The journey ahead will be filled with challenges, but it is through these very experiences that we grow stronger and more resilient.

As we move forward, I encourage each student to stay determined, embrace new learning, and nurture the values that make us who we are.

Let's continue to build a school environment that thrives on innovation, integrity, and inspiration. Wishing all our learners success in their journeys—whether they are concluding a chapter or beginning a new one.

**–Shri Kamal Mangal**  
Founder, Anand Niketan Group

## DIRECTOR'S MESSAGE

*A Time of Transition, A Time to Thrive*

Dear Anand Niketan Shilaj Family,

April brings with it a unique blend of accomplishment and anticipation. For many students, this is a period of reflection—looking back at a year of hard work, growth, and success. For others, it is a fresh beginning, an opportunity to step into a new grade with excitement and curiosity.

No matter where you stand on this journey, one thing remains constant—learning never stops. Final assessments are not just about grades; they are about self-discipline, perseverance, and personal progress. Similarly, a new academic year is not just about moving up a level; it is about embracing new opportunities, new challenges, and new ambitions.

At Anand Niketan Shilaj, we believe in nurturing the whole child—academically, socially, and emotionally. Our students are not just preparing for exams; they are preparing for life. Let's continue to support, encourage, and uplift them as they take bold steps toward the future.

Wishing all our students confidence and clarity as they approach assessments, and enthusiasm and excitement as they embark on their next adventure. Let's make this month a time of progress, passion, and purpose.

**–Ms. Lamiya Shums**  
Director, Anand Niketan Shilaj Campus



# MONTHLY NEWSLETTER

## PRINCIPAL'S MESSAGE

*New Beginnings, Endless Possibilities*

Dear Parents and Guardians,

As we welcome April, we recognise it as a time of growth, change, and new aspirations. For some of our students, this marks the final leg of their academic year—a time to consolidate their learning and prepare for the challenges of final assessments. For others, it is the beginning of a brand-new journey, filled with fresh goals, new lessons, and exciting possibilities.

At Anand Niketan Shilaj, we believe that every transition—whether an ending or a beginning—is a chance for self-discovery and progress. Learning is not just about acquiring knowledge but about building character, resilience, and a strong sense of purpose. As we move through this month, I encourage students to approach their assessments with confidence and focus, and those starting a new academic year to embrace change with enthusiasm and curiosity.

I also extend my deep gratitude to our parents, whose continuous support plays an invaluable role in our students' success. Your trust and encouragement help us create a nurturing and empowering learning environment where every child thrives. Let's work together to make this month one of reflection, renewal, and remarkable achievements.

Warm regards,

**Ms. Tanu Mangla**

Principal, Anand Niketan Shilaj Campus

## Answer to Last Month's Riddle (March Edition):

I can be cracked, made, told, and played. What am I?"

**Answer: A Joke**

### ***A big congratulations to our winners who submitted the correct answer:***

- Ms. Vinita Jain – Parent of Divij Jain (2E) & Rishaan Jain (Nursery C)
- Ms. Shambhavi Dahate – Parent of Divija Dahate (4D) & Mayuri Dahate (10C)
- Ms. Hardi Desai – Parent of Vanshi Desai (2A)
- Ms. Ritu Haard – Parent of Ruhansh Joshi (K1-B)

Well done to all our participants! Stay tuned for the next brain teaser in our upcoming edition—who will be our next riddle champion?

## PUZZLE OF THE MONTH

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

**Send your answers to [ansh.newsletter@anandniketan.edu.in](mailto:ansh.newsletter@anandniketan.edu.in) and get a chance to be featured in our next edition!**



# MONTHLY NEWS LETTER

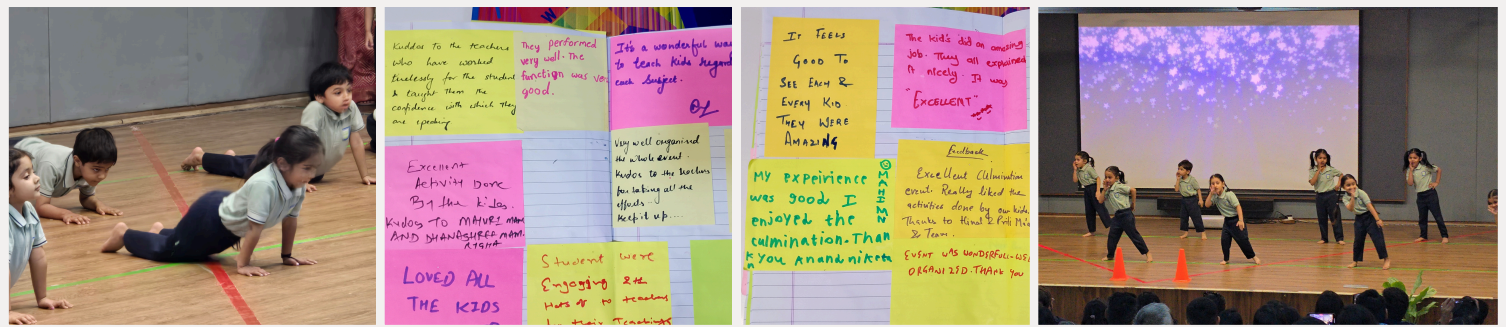
## CAMPUS CHRONICLES: HIGHLIGHTS OF MARCH EARLY YEARS SPOTLIGHT

### PRECIOUS PURSUITS: A CELEBRATION OF GROWTH AND LEARNING

Our **Nursery, K1, and K2** bhaiyas and didis took centre stage with confidence and enthusiasm, proudly showcasing their learning journey in front of their parents. Their stage performances and classroom activities beautifully reflected their *curiosity, creativity, and growth*.

#### NURSERY: LITTLE LEARNERS, BIG ACHIEVEMENTS

The **Nursery** students mesmerised the audience with their *prayer and shloka recitations, yoga, dance, games, and aerobics*. They even took on the role of anchors, introducing activities with confidence.



In their classrooms, they engaged in literacy activities such as sound identification, rhymes, and concept mapping, while in numeracy, they explored patterns, quantification, and positional words. Their theme of Community Helpers added a real-world connection to their learning.

#### K1: EXPLORING, EXPERIMENTING, AND EXCELLING

The **K1** captivated the audience with their *team-building games, yoga, dance, experiments, and anchoring*. Their performances reflected their growing independence and confidence.



In the classroom, they showcased their learning through:

- **Literacy:** Forming CVC words, creating stories, sound identification, and sight word activities.
- **Numeracy:** Understanding positional words, addition and subtraction story sums, and number comparisons using hands-on methods like pebbles.
- **Theme & Hindi:** Exploring Community Helpers through memory games and associating vyanjan (letters) with real objects while singing rhymes.



# MONTHLY NEWS LETTER

## K2: CONFIDENT COMMUNICATORS AND CRITICAL THINKERS

The **K2** students impressed everyone with their prayer, dance, yoga, song, clay modelling, origami, and life skill activities like folding clothes and playing drums during their stage performances.

In the classroom, they showcased their learning through:

- **Literacy:** Engaging with sight words, digraphs, magic 'e', and lema.
- **Numeracy:** Exploring addition and subtraction word problems, decomposition, base 10, measurements, and lema.
- **Theme:** Understanding buttoning and lacing, and conducting experiments related to soluble and insoluble substances and static electricity.
- **Hindi:** Participating in a treasure hunt and creating a vyanjan web.



Through **Precious Pursuits**, our young learners celebrated their progress with *joy and enthusiasm*, making it a memorable experience for all.

## GRANDPARENTS DAY – A HEARTWARMING CELEBRATION!

The **Nursery, K1, and K2** students at Anand Niketan Shilaj celebrated Grandparents Day with immense joy, excitement, and love! The event was a heartfelt tribute to the unbreakable bond between our little learners and their beloved grandparents.

Our tiny tots mesmerized the audience with their adorable dance performances, soulful prayers, and recitation of shlokas. The **K1 and K2** students went a step further by explaining the meaning of the shlokas in both Hindi and English, showcasing their learning and confidence.

Adding to the festive spirit, grandparents enthusiastically participated in games, quizzes, and interactive activities, making it a truly memorable day filled with laughter and joy. The celebration ended on a high note with a lively Garba session, where grandparents and children danced together, creating beautiful moments to cherish forever.

A heartfelt thank you to our dedicated teachers and staff for making this day so special. Events like these remind us of the love, wisdom, and warmth that grandparents bring into our lives!





# MONTHLY NEWS LETTER

## FROM FARM TO FRIDGE: A DAIRY ADVENTURE!



**Grade 1** students embarked on an exciting educational trip to Amul Dairy, where they discovered the journey of milk from farm to table. They observed pasteurisation, packaging, and quality control processes, gaining insights into food safety, hygiene, and sustainable dairy farming. This real-world experience helped them develop an appreciation for the effort behind everyday dairy products.

## EXPLORING THE WONDERS OF SPACE



**Grade 2** students took us on an exciting Solar System adventure, confidently presenting facts about *planets, moons, and asteroids* through posters and models. Their passion for astronomy and creativity made learning about space a truly engaging experience.

## INSPIRING ASSEMBLY

**Grade 1C** students delivered an engaging and insightful assembly, featuring *shloka chanting, a talent showcase, and a quiz session*. Their confidence, enthusiasm, and teamwork made the session a truly inspiring experience for all!



## INFUSING SUSTAINABILITY WITH THE FORCE OF TECHNOLOGY

**Grade 2** students explored marine pollution and environmental conservation using Design Thinking and Scratch Jr coding. Through meaningful discussions, they identified challenges affecting marine ecosystems and developed creative solutions to protect aquatic life.





# MONTHLY NEWS LETTER

## TOGETHER WITH OUR GRANDHEROES!

The Grandparents' Day celebration at Anand Niketan Shilaj was a heartwarming event, bringing together generations in a day filled with love, joy, and cherished memories!

Our **Grade 1 & 2** students welcomed their beloved grandparents with warm smiles and open hearts, making them feel truly special. The little ones expressed their love and gratitude through soulful performances—singing, dancing, and heartfelt gestures that touched everyone's hearts.



The highlight of the day was the precious interaction between generations, as grandparents and grandchildren engaged in fun games, storytelling, and exciting activities. The joy and laughter shared during these moments made the event even more special.

This beautiful celebration honoured the wisdom, unconditional love, and timeless values that grandparents pass down to the younger generation. It was truly a day of togetherness, warmth, and treasured memories that will be remembered for years to come!

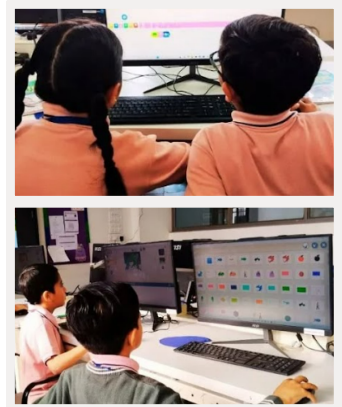
## SPREADING KINDNESS & COMPASSION



**Grade 2C** students led a heartwarming assembly on *charity and empathy*, reinforcing the power of generosity and small acts of kindness. Through role-playing and storytelling, they inspired their peers to embrace a culture of giving and compassion.

## CODING FOR A CAUSE

Through Scratch Jr, **Grade 2** students created interactive projects addressing climate action and marine conservation. Their animations encouraged responsible actions for a healthier planet, while also developing their coding and problem-solving skills.



## INCREDIBLE SPACE



**Grade 3** students visited the Vikram Sarabhai Community Space Centre, where they explored chemistry and biology concepts through hands-on activities. They also built a nutrition pyramid, learning about balanced diets and the importance of various food groups.



# MONTHLY NEWS LETTER

## EXPLORING MONEY

Using a Math Kit activity, students learned to **identify currency, practise transactions, and understand budgeting concepts**. This hands-on approach developed their financial literacy in a fun and interactive way.



## SMART SHOPPERS IN ACTION



**Grade 3** students stepped into the roles of shopkeepers and customers, gaining hands-on experience in money management, buying and selling, and calculating correct change.

## THE POWER OF PERSEVERANCE



**Grade 3D** students presented an inspiring skit, dance, and speeches on resilience, determination, and teamwork. Their performance highlighted the value of persistence in overcoming challenges.

## RECYCLING FOR A GREENER TOMORROW

**Grade 3** students explored sustainability by creating eco-friendly paper bags from old newspapers, reinforcing the importance of waste reduction and responsible consumption.



## FUTURE ENTREPRENEURS IN ACTION



**Grade 4** students embraced entrepreneurship by setting up their own mini-markets. They created and sold handmade crafts and snacks, learning about **business strategies, teamwork, and customer engagement**.

## IGNITING YOUNG MINDS

**Grade 4** students had an unforgettable experience at the Vikram Sarabhai Space Exhibition, where they explored **rocket propulsion, conducted chemistry experiments, and created 3D glasses**. These hands-on activities transformed science into an exciting adventure.





# MONTHLY NEWSLETTER

## TIMELESS WISDOM WITH DADI MAA KE NUSKHE



Grade 4 students explored **traditional wellness remedies and natural healing practices**, connecting with their cultural heritage while discussing the benefits of ayurvedic ingredients like turmeric, aloe vera, and honey.

## MINDFUL LIVING ALERT: EMPOWERING HEALTHY CHOICES!

Students from **Years 3–7** embarked on an eye-opening journey into mindful eating and the Satvic lifestyle, exploring how food choices impact overall well-being. Through interactive discussions and engaging activities, they learned to:



- **Decode food labels** – Understanding ingredients, additives, and preservatives commonly found in packaged foods.
- **Identify hidden sugars and unhealthy fats** – Recognising how marketing tactics can often mislead consumers.
- **Make smarter food choices** – Comparing fresh, natural foods with processed alternatives and learning the benefits of a balanced diet.
- **Adopt mindful eating habits** – Focusing on portion control, mindful snacking, and eating without distractions.

Their "Packet Gumao, Pata Lagao!" mantra encouraged them to turn the packet around, read the label, and think before they eat, fostering a habit of informed decision-making. By the end of the session, students were excited to share their newfound knowledge with their families, becoming advocates for a healthier lifestyle at home.

This initiative not only helped students become conscious consumers but also empowered them to take control of their health, reinforcing the idea that small, mindful choices today shape a healthier tomorrow!

## SPREADING KINDNESS & LENDING A HELPING HAND

Grade 4D students organised a special assembly on **kindness, using prayer, drama, and storytelling** to highlight the importance of compassion. Fabulous Falcon Award winners were also recognised for their outstanding contributions.





# MONTHLY NEWS LETTER

## UNVEILING THE MYSTERIES OF LIGHT AND COMETS

To spark curiosity and scientific thinking, students from **Grades 3 to 10** participated in an exciting Space Workshop, where they explored the wonders of light and celestial bodies.

- **Grades 3 to 5** – The Magic of Light Students explored fascinating questions such as why we see in the dark, why leaves appear green, and why some objects cast shadows while others do not. Through hands-on activities, they discovered the principles of Optics, reflection, and refraction, deepening their understanding of the role light plays in our daily lives.



- **Grades 6 to 10** – Comet Kitchen Students examined the structure and composition of comets and how their appearance changes as they orbit the Sun. Using real-life examples and interactive experiments, they created models of comets with similar materials found in actual celestial bodies, making space science both exciting and accessible.



## AN UNFORGETTABLE ADVENTURE AT ROCKSPORT CAMPSITE

Students from **Grades 5 to 10** and **12** embarked on an exhilarating one-day adventure at Rocksport Campsite in Sanand, a premier destination for adventure sports in Asia.

Throughout the day, students engaged in team-building activities, adventure challenges, and confidence-boosting tasks, all conducted in a safe and well-structured environment. These activities not only tested their resilience, leadership, and problem-solving abilities but also helped them develop a spirit of collaboration and self-reliance.



Beyond the physical and mental challenges, the trip provided students with a chance to reconnect with nature, bond with their peers, and step outside their comfort zones. The experience was a perfect blend of learning, adventure, and personal growth, leaving students with lasting memories and valuable life skills.



# MONTHLY NEWS LETTER

## A THRILLING ADVENTURE AT ROCKSPORT!

Our **Grade 1 to 4** students had an action-packed day at their one-day adventure picnic, where they participated in exciting activities that tested their strength, coordination, and teamwork. From ziplining, commando net, and sport climbing to hamster wheel, tug of war, and magical maze, every challenge was designed to boost their confidence and resilience.

Beyond adventure sports, students enjoyed pottery, tractor rides, and a fun dance session—a perfect blend of learning, laughter, and thrill!



To keep their energy high, students were treated to a nutritious breakfast, a wholesome lunch, and delicious snacks, ensuring they stayed refreshed and energized throughout the adventure.

With joyful moments and lasting memories, this adventure-filled day was truly one to remember!

## NARMADA UDHBAV: A JOURNEY OF DISCOVERY

From 2nd March to 11th March, our **Grade 8** students embarked on an enriching journey to explore the Narmada River, one of India's seven sacred rivers. This expedition was more than just a visit—it was an opportunity to witness the interplay of history, geology, and spirituality that defines this majestic river.

Flowing through a geological treasure trove, the Narmada River holds rocks and fossils dating back millions of years, offering students a glimpse into Earth's ancient past. As they traced its course, they marvelled at its awe-inspiring natural beauty, cultural significance, and ecological importance.

This immersive experience fostered a deep appreciation for India's rich natural heritage, leaving students with a profound sense of connection to the environment. Through exploration and reflection, they gained insights that will stay with them for a lifetime, reinforcing the importance of preserving and respecting our natural world.



## EXPLORING SCIENCE THROUGH CREATIVITY: VISIT TO KHOJ MUSEUM

Our **Grade 2** students embarked on an exciting journey of discovery and hands-on learning, engaging in interactive experiences that brought science to life. Through experimentation, observation, and exploration, they deepened their understanding of scientific concepts in a fun and engaging way.

By participating in creative activities and problem-solving tasks, students developed critical thinking skills, curiosity, and a spirit of inquiry. This immersive experience encouraged them to ask questions, think innovatively, and apply their learning beyond the classroom.



Their enthusiasm and eagerness to explore reaffirmed the power of experiential learning, making science both meaningful and memorable.



# MONTHLY NEWS LETTER

## CAREER COUNSELLING WORKSHOP: NAVIGATING THE FUTURE

For **Grades 9 to 12**, the question of "What's next?" often brings uncertainty. To help students make well-informed decisions about their future, ANSH organised a Career Counselling Workshop, offering valuable insights into the career development process.

The workshop guided students through four essential stages:

- **Self-Discovery** – Identifying personal strengths, interests, and values to align with potential career paths.
- **Exploration** – Gaining awareness of various academic and professional opportunities across diverse fields.
- **Skill-Building** – Understanding the key competencies required for future success and ways to develop them.
- **Planning** – Creating a structured approach towards higher education and career aspirations with informed decision-making.



By providing students with the right tools, guidance, and exposure, the workshop encouraged them to take charge of their future with confidence. With a clearer understanding of their strengths and opportunities, they are now better equipped to make informed choices that align with their aspirations. We look forward to seeing them embark on their unique journeys with determination and purpose.

- **Academic Expectations** – Encouraging regular attendance, timely submission of assignments, and thorough preparation for assessments.
- **Code of Conduct** – Promoting respect for oneself, peers, educators, and school property, with a strong stance against violence, aggression, and discrimination.
- **Consequences of Misbehaviour** – Implementing structured corrective measures, including verbal warnings, detention, and parental involvement, to maintain a positive learning environment.
- **Support Systems** – Offering counselling services, academic support classes, and peer mentoring to ensure students receive guidance in both academics and personal development.

By reinforcing these principles, we aim to empower students to take **ownership of their learning, behaviour, and future aspirations**. We look forward to a successful and enriching academic year ahead.

## SETTING THE FOUNDATION FOR A SUCCESSFUL YEAR

To ensure a smooth transition into the new academic year, orientation sessions were conducted for **Grades 6 to 10** providing students and parents with essential guidelines, expectations, and support systems to foster academic success and personal growth.



At our school, we are committed to creating a nurturing and disciplined environment that encourages academic excellence, creativity, and character development. Our core values of Integrity, Perseverance, and Compassion shape our school culture, fostering a learning environment where students develop both academic excellence and strong character.

## KEY FOCUS AREAS

- **General Rules & Regulations** – Emphasising respect for all, punctuality, adherence to the school uniform, responsible use of electronic devices, and a zero-tolerance policy for bullying.



# MONTHLY NEWS LETTER

## STUDENT ACHIEVEMENTS: SPOTLIGHT ON EXCELLENCE FABULOUS FALCON: WINGS OF RESPECT, FEATHERS OF KINDNESS!

As we step into **April**, we take a moment to appreciate the values that shape our school community. The Fabulous Falcon Awards recognise students who demonstrate respect, responsibility, and a deep sense of belonging, making our school not just a place of learning, but a home of growth and character.

### THE THREE PILLARS OF RESPECT

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



- **Respect for Self:** Vivaan Bhayani(1-F), Dhwity Raval(2-D), Ezhyra Singhal(3-E), Aayushman Singh(4-D).
- **Respect for Others:** Ivaan Mehta(1-C), Vaani Tulsani(2-E), Yuvaan Choudhary(3-B), Yeshansh Doshi(4-A).
- **Respect for Property:** Shivaan Karia(1-A), Nizel Patel(2-B), Samaira Shivilani(3-C), Jiyaan Pandya(4-B).

### 💡 APRIL FOCUS:

Let's continue to lead with kindness, integrity, and respect, fostering an environment where every student feels valued, heard, and inspired to make a difference.

**STAY TUNED FOR THE MAY EDITION AS WE CELEBRATE MORE FABULOUS FALCONS WHO SOAR HIGH WITH EXCELLENCE AND EMPATHY!**



# MONTHLY NEWS LETTER

## ACHIEVEMENTS



### Creative Star of Anand Niketan!

Congratulations to **Aavya Shah (K1-A)** for her outstanding achievement in the Drawing and Colouring Event at Creativita! Her creativity and artistic skills shone brightly, making us all proud. Keep expressing yourself through art, Aavya! We look forward to seeing more of your beautiful creations.



### Celebrating Excellence in Chess!

Congratulations to **Divyansh Rajani** for securing 1st place in the Ahmedabad District Chess Championship (Under-9)! His dedication and strategic skills have earned him the honour of representing Gujarat in the State Championship. We are incredibly proud of his achievement and wish him the very best as he competes at the state level. Keep shining, Divyansh!

## SCIENCE OLYMPIAD FOUNDATION

Gold Medal of Distinction/Gold Medal of Excellence

### • SOF INTERNATIONAL MATHEMATICS OLYMPIAD

KAASHVEE DARSHAN SHAH, KIAAN HIREN PATEL, JEVIN PATEL, REYAN SANJAY PATEL, AYAN KAUSHAL BHATT, KAILASH GOLE, DHAIRYA KOTHARI, AARYA RAVI SHAH, JIHAN PANSURIA, JIA SHAH, PRINA SIMARIYA, AARAV SHAH, DHAIRYA TIBREWALA, SANEHI MANAN AMIN, RIJJWAL AGRAWAL, PRATHAM SHAH, MISHTI ARJUN BRAHMBHATT, VIRAJ SINH TEJAS PARMAR, MANASVI DHARMENDRA DHELARIYA, NAMRA KARTIK SHAH, ATHARVA NEELESH KEDIA, HARSHIL P JAIN, KAVYAN AMIN, RUDRA TOMAR, SAMYA MAULIK PANCHAL, STAVYA KATHIRIYA, JINAL SHARMA, PARV DARSHIT DOSHI, SHREYANSH JAIN, MISHTY KOTHARI.

### • SOF INTERNATIONAL SOCIAL STUDIES OLYMPIAD

JAHAL GAADHE, KAASHVEE DARSHAN SHAH, JIA SHAH, JINAY PARAS SHAH, RAJVEER SINGH BHATIA, JAINIL ABHIJIT PATEL, AWAL SINGH BAGGA, EVA ANKOLA, KEYANA SURESH BHEDA, RIJJWAL AGRAWAL, SHANAYA SAHARSH GANDHI, MISHKA ANKIT SHAH, VIRAJ SINH TEJAS PARMAR, NAMRA KARTIK SHAH, REVA SHASTRI, ROONAV P GANDHI, RUDRA S TOMAR, VEDANT VENKATARAMAN, JINAL SHARMA, REINE RAJENDRA PATNI.

### • SOF INTERNATIONAL HINDI OLYMPIAD

JAHAL GAADHE, ADAMYA GAUTAM, ANAHITA SHAH, AARYA RAVI SHAH, ATHARV SHUKLA, RIJJWAL AGRAWAL, PAVINI CALLA, NAMRA KARTIK SHAH.

### • SOF INTERNATIONAL COMPUTER SCIENCE OLYMPIAD

ANAYSHA ARPIT PATEL, KIAAN HIREN PATEL, TATHYA SHANDILYA, VIAAN MORABIA, PRINA SIMARIYA, JINAY PARAS SHAH, AHANA SINGH, KHUSHI D BACHHAWAT, RIJJWAL AGRAWAL, MISHTI ARJUN BRAHMBHATT, RANVIJAY YADAV, KAVISH DAXESH PATEL, MAKSHARTH VIRAL OZA.

### • SOF NATIONAL SCIENCE OLYMPIAD

ANAYSHA ARPIT PATEL, KAASHVEE DARSHAN SHAH, JESVI HITESHKUMAR VADI, KIAAN HIREN PATEL, TATHYA SHANDILYA, HARSH TERKIWAL, SWARA V SAKARVADIYA, AARAV D SHAH, KEYANA SURESH BHEDA, AGAMJOT KAUR BANDAI, VIRAJ SINH TEJAS PARMAR, AVYUKT ASHISH SHARMA, MIRAAAN KAZI, MEDHANSH SARASWAT, KAVYAN S AMIN, ROONAV P GANDHI, RUDRA S TOMAR, DEETYA VIRAL MODI, NEERAV BANSAL, JINAL SHARMA, KEYA MEHUL KAGATHARA, PARV DARSHIT DOSHI, SHREYANSH JAIN, ARNAV GUPTA, MISHTY KOTHARI.



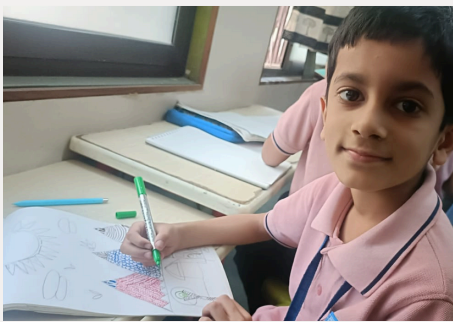
# MONTHLY NEWSLETTER



## ART ROOM: BRUSHSTROKES OF EMOTION



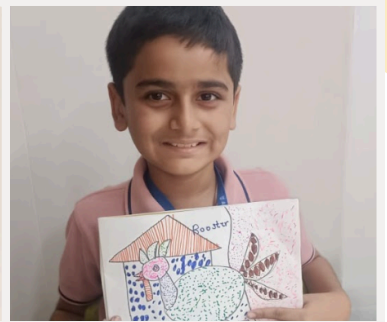
Twisha Meghani (9-E)



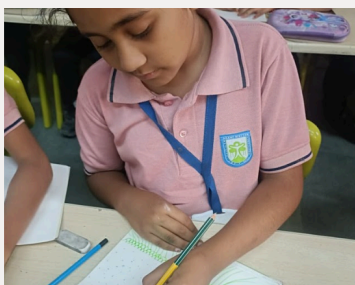
Rudrakh (3-A)



Maanya Mistry (9-E)



Riaan Shah (3-F)



Kaashvee shah (3-B)



Maanya Mistry (9-E)



Shanaya Digwal (3-D)



Ishika Sharma (3-B)



Twisha Meghani (9-E)



# MONTHLY NEWS LETTER

## SAMARPAN-GIVING IS LIVING

### EHSAAS: EMPOWERING HEARTS, ENRICHING LIVES

This March, our students continued to embody the true spirit of Ehsaas: Empowering Hearts, Enriching Lives by sharing their birthday gifts with children from nearby Municipality Schools during the Ehsaas Visit. Their selfless acts of kindness not only brought joy and hope but also reinforced the valuable lessons of empathy and giving.

**Celebrating Compassion: March Ehsaas Award Winners:** Jayvirsinh Zala(K2-B), Yugm Prajapati(3-F), Anaya Bhatt(4-D), Ishaan Patel(3-E), Praathan Panchal(3-E), Aarav Vicky Patel(5-D), Ishank Desai(2-B), Rishabh M Lakhani(4-E), Mansh Patel(2-B), Aahana Agrawal(3-B), Shashwat Shah(2-B), Kirtan Bhargav Akhani(3-C), Reyansh Shah(4-B), Twesha Shah(4-F).

We take immense pride in recognising the Ehsaas Award recipients for March for their exceptional compassion and generosity. A heartfelt thank you to our parents for nurturing these values and encouraging our students to make a meaningful impact. Together, we are building a future founded on kindness, empathy, and social responsibility.

#### 💡 APRIL FOCUS:

Let's continue spreading love and care through our actions and inspire others to make a positive difference in the lives of those in need.

## SAKSHAM: EMPOWERING EVERY CHILD THROUGH EDUCATION

Through Saksham, our commitment to inclusive education continues to transform lives. This past month, children engaged in interactive learning sessions, creative activities, and skill-building exercises, making the most of their time at Anand Niketan Shilaj.

With the support of our dedicated educators and volunteers, we provided transport, nutritious meals, and essential learning resources, ensuring every child had the opportunity to learn, explore, and grow.



Stay tuned for more inspiring stories as Saksham continues to make a difference!



# MONTHLY NEWS LETTER

## ACTION FOR HAPPINESS

### ACTIVE APRIL – ENERGISING BODY AND MIND

At Anand Niketan Shilaj, we believe in the power of movement and action to create a happier and healthier community. This April, let's embrace an active lifestyle—energising our bodies, refreshing our minds, and strengthening our connections through meaningful actions.



Here's a calendar filled with simple yet impactful activities for each day of the month. Whether it's taking a short walk, engaging in a random act of kindness, or trying a new skill, every small step brings us closer to a more active and fulfilling life.

**Active April 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	
7 Get natural light early in the day. Dim the lights in the evening	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time
14 Relax your body & mind with yoga, tai chi or meditation	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today
21 Regularly pause to stretch and breathe during the day	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil
28 Meet a friend outside for a walk and a chat	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today				

**ACTION FOR HAPPINESS** Happier · Kinder · Together

Together, we can inspire each other to move, engage, and thrive. Let's make Active April a month of positivity, movement, and joyful energy!



# MONTHLY NEWS LETTER

## DID YOU KNOW?

*Movement Boosts Mood and Creativity! Studies show that staying active isn't just good for our bodies—it enhances our mood, sharpens our thinking, and boosts creativity.*

*Physical movement helps release endorphins, reducing stress and increasing feelings of happiness and accomplishment.*

**Challenge for April:** Try a new activity that energises you—whether it's yoga, dance, running, or even a simple stretching routine. Share your experience with us at [ansh.newsletter@anandniketan.edu.in](mailto:ansh.newsletter@anandniketan.edu.in) and get featured in our next edition!



### THE POWER OF SMALL ACTIONS

Little actions make a big difference! This month, let's focus on

- Taking the stairs instead of the lift
- Practising 5 minutes of stretching daily
- Encouraging a friend to join in an active hobby
- Taking a mindful nature walk
- Engaging in one positive conversation each day

**LET'S EMBRACE MOVEMENT, CREATE POSITIVE HABITS, AND UPLIFT EACH OTHER FOR A VIBRANT AND FULFILLING ACTIVE APRIL!**

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

We are delighted to introduce Parent's Corner, a dedicated space in our newsletter to share insights, practical tips, and thoughtful guidance to support children's learning, well-being, and overall development. Each edition will feature valuable parenting strategies to help foster confidence, resilience, and a positive mindset in young learners.

### **VISUAL REFLECTIONS:**

*Moments to Pause and Ponder*





# MONTHLY NEWS LETTER

## TIP OF THE MONTH: GIVE KIDS MEANINGFUL COMPLIMENTS

The way we praise our children shapes their confidence, mindset, and motivation. Instead of general praise like "**Good job**," try **specific, thoughtful words** that encourage effort, growth, and positive behaviour.

Here are a few real-life scenarios and how to make your compliments more meaningful:

- **Scenario 1:** Your child spends a long time building a tower with blocks, carefully adjusting each piece.  
 ✓ **Instead of:** "That looks great!"  
 ✓ **Try:** "I love how patiently you built that tower. You didn't give up, even when it got tricky!"
- **Scenario 2:** Your child helps a friend or sibling pick up their toys after playtime.  
 ✓ **Instead of:** "That was nice of you."  
 ✓ **Try:** "You were so thoughtful in helping clean up. Your kindness makes a big difference!"
- **Scenario 3:** Your child works hard on a drawing but says, "It's not as good as I wanted."  
 ✓ **Instead of:** "It looks perfect!"  
 ✓ **Try:** "I can see how much effort you put into this. Your creativity really shines!"
- **Scenario 4:** Your child helps with household chores, like setting the table or folding laundry.  
 ✓ **Instead of:** "Thank you for helping."  
 ✓ **Try:** "I really appreciate how responsible you are. Your help makes our home a happier place!"

Meaningful compliments like these help children build **self-esteem, motivation,** and a **growth mindset** by focusing on their **effort, perseverance, and kindness** rather than just the result.

We invite parents to share their experiences, tips, or reflections with us at [ansh.newsletter@anandniketan.edu.in](mailto:ansh.newsletter@anandniketan.edu.in). Your insights could be featured in the next edition, inspiring other parents in our school community. Stay tuned for more enriching discussions in **Parent's Corner!**

## UPCOMING EVENTS

As we step into April, here are the key events and important dates to look forward to:

### Academic & Culmination Events

- 5th April – Culmination (Grades 1 to 4)
- 12th April – Session End PTM, Orientation, and Book Distribution (Saumyadeep)
- 18th April – Last Working Day for Grades 1 to 4
- 19th April – Session End PTM, Orientation, and Book Distribution (Grades 1 to 4)
- 25th April – Last Working Day for Grades 5 to 12

### Interhouse Sports Events

- 5th April – Football and Shotput (Grades 7 & 8)
- 12th April – Basketball and Disc Throw (Grades 7 & 8)
- 19th April – Table Tennis and Lawn Tennis (Grades 7 & 8)
- 25th April – Rubik's Cube and Chess (Grades 7 & 8)

**April marks the culmination of an enriching academic journey while also paving the way for new opportunities and experiences. Let's make the most of this exciting and eventful month!**



# MONTHLY NEWS LETTER

## FUN & ENGAGEMENT CORNER!

Get ready to **test your wits, spark creativity, and have some fun!** Enjoy these riddles, puzzles, and brain teasers designed for **students, parents, and educators.**

### ✦ BRAIN TEASERS – CAN YOU SOLVE THESE?

- 1 I have hands but cannot clap. What am I?
- 2 I speak without a mouth and hear without ears. What am I?
- 3 I fly without wings. I cry without eyes. What am I?
- 4 The more I am shared, the less I remain. What am I?

(ANSWERS AT THE BOTTOM OF THE PAGE!)

### 🔤 JUMBLED WORDS CHALLENGE!

Unscramble the letters to form meaningful words related to learning!

- 1 CTRAHEE → \_\_\_\_\_
- 2 NELCPSI → \_\_\_\_\_
- 3 UCDAITNOE → \_\_\_\_\_
- 4 SSNOLSE → \_\_\_\_\_
- 5 IBRALRY → \_\_\_\_\_

💡 **Bonus Challenge:** Use any two of these words in a short sentence and send it to us at [ansh.newsletter@anandniketan.edu.in!](mailto:ansh.newsletter@anandniketan.edu.in)

### 🖋️ MINI CHALLENGE!

Can you write a one-line story using just six words? Here's an example:  
**"Missed the bus. Ran. Still late."**

Send us your creative one-liners at [ansh.newsletter@anandniketan.edu.in](mailto:ansh.newsletter@anandniketan.edu.in) and get featured in the next edition!

## ✅ ANSWERS TO MARCH EDITION PUZZLES:

**Jumbled Words Winner:** Congratulations to **Divij Jain (Class 2E)**, for successfully solving the *Jumbled Words Challenge* in the March edition!

**Correct Answers:** 1. LEARNING 2. LITERACY 3. STUDENT 4. NOTEBOOK 5. EDUCATION

(Answers for Brain Teasers: 1. A clock 2. An echo 3. A cloud 4. A secret)

**SEE YOU IN THE NEXT EDITION WITH MORE FUN, FACTS, AND BRAIN TEASERS!**

## YOUR FEEDBACK MATTERS!

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

Warm regards,

**Team Anand Niketan Shilaj Campus**

### 📖 DID YOU KNOW?

Did you know that **honey never spoils**? Archaeologists have discovered pots of honey in **ancient Egyptian tombs** that are over **3,000 years old** and still perfectly edible!

### JOKE OF THE MONTH

**Student:** Why did the teacher wear sunglasses in class?

**Educator:** I don't know, why?

**Student:** Because her students were so bright!



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SHILAJ CAMPUS

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

**ANAND NIKETAN SHILAJ CAMPUS**



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YOUTUBE



WEBSITE

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