

MONTHLY NEWSLETTER

EDITION 10 (OCTOBER 2025)



®

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FOUNDER'S MESSAGE

Planting Seeds of Purpose, Reaping Joy of Learning

Dear Anand Niketan Shilaj Family,

As October unfolds, it brings with it a sense of gratitude and celebration. Festivals remind us of the richness of our culture and the deeper values of unity, humility, and compassion. In the same way, education must light not only the mind but also the spirit—helping our students appreciate their roots while preparing to soar into the future.

At Anand Niketan, we strive to create an ecosystem where every child learns to embrace curiosity, practice kindness, and nurture resilience. Growth is not measured only in marks or milestones, but in the courage to question, the ability to adapt, and the will to make a positive difference.

This month, let us reaffirm our commitment to guiding young learners as they discover their unique paths—with joy in their hearts, purpose in their actions, and values in their foundation. Together, we continue to shape not just bright students, but compassionate leaders for tomorrow.

–Shri Kamal Mangal

Founder, Anand Niketan Group Of Schools

DIRECTOR'S MESSAGE

Nurturing Possibilities, Celebrating Progress

Dear Parents, Students, and Educators,

October is a time when the seeds of effort begin to blossom into confidence, creativity, and character. At Anand Niketan Shilaj, I am inspired by the enthusiasm with which our students embrace challenges and the dedication our teachers bring to shaping meaningful learning experiences.

What truly shines is the spirit of progress — not only in academics but also in the way students collaborate, express themselves with clarity, and uphold the values that form the foundation of our community. Every achievement, whether a classroom discussion, a cultural performance, or a sports milestone, builds well-rounded individuals ready to take on the future with strength and compassion.

Let us remind our children that growth is not about perfection, but about consistent effort, curiosity, and the courage to try again. Together, as parents, educators, and learners, we are creating a vibrant culture where every step forward is celebrated and every challenge becomes a stepping stone to new opportunities.

–Ms. Lamiya Shums

Director, Anand Niketan Shilaj Campus

PRINCIPAL'S MESSAGE

Strengthening Roots, Reaching New Heights

Dear Parents and Guardians,

October brings with it momentum and reflection — a time when the foundations of learning begin to show in confidence, creativity, and character. It is inspiring to see our students grow not only in academics but also in resilience, kindness, and responsibility.

At Anand Niketan Shilaj, every discussion, activity, and celebration adds to their journey of becoming compassionate and future-ready individuals. Let us continue to guide them with encouragement and gratitude, reminding them that true success lies in both knowledge and values.

– Ms. Tanu Mangla

Principal, Anand Niketan Shilaj Campus

CAMPUS CHRONICLES: HIGHLIGHTS OF SEPTEMBER

EARLY YEARS SPOTLIGHT

GROWING WITH JOY!

September was full of discovery for our **Nursery** learners across Akshaya, Bindu, Chirayu, and Durlabh. It was a joyful blend of movement, creativity, and exploration that made learning meaningful and memorable. From brain gym sessions that strengthened focus and coordination to playful quantification games that turned math into movement, our learners experienced how play and purpose go hand in hand. Clay modeling, paper tearing, and rubber band activities nurtured fine motor skills, patience, and imagination, while energetic races and colour-sorting tasks encouraged observation, quick thinking, and problem-solving. Whether balancing pencils, recognising numbers with bangles, or creating traffic signals with tiny hands, each experience became a step toward confidence, independence, and curiosity. With every smile, stretch, and creation, our Nursery students showed how joyful learning builds strong foundations for tomorrow.

GROWING MINDS, JOYFUL HEARTS!

September unfolded as a vibrant chapter of discovery for our **K1** learners across Akshaya, Bindu, Chirayu, Durlabh, and Ekaya. Their journey was filled with new words, playful numbers, and creative expressions that turned classrooms into spaces of curiosity and confidence. From blending sounds into words and exploring the magic of light refraction to subtracting with counters and playing meaningful board games, every activity deepened understanding while keeping the joy alive. Clay boats, folded aprons, and neatly drawn lines showcased patience, focus, and growing independence, while jungle gym adventures, brain gym routines, and movement games strengthened coordination, teamwork, and resilience. Each moment—whether with hands, hearts, or minds—was a step forward in shaping learners who are confident, expressive, and eager to explore the world with joy.

WHERE LEARNING MEETS WONDER!



Curiosity, creativity, and confidence defined the journey of our **K2** students across Akshaya, Bindu, Chirayu, Durlabh, Ekaya, and Fahmida. September brought opportunities to strengthen literacy through phonics, CVC words, and digraphs, while imaginative tasks like drawing, designing rockets, and illustrating vyanjans turned language into an engaging adventure. Mathematics came alive through hands-on addition, subtraction, and missing-number challenges using everyday objects, helping students connect abstract ideas with real-world problem-solving. Karate, yoga, and brain gym sessions added discipline, focus, and body awareness, proving that movement and mindfulness go hand in hand. From exploring transport and rainbow science to capturing experiences through memory drawings, every activity encouraged observation, imagination, and expression. Each sound blended, number solved, and idea shared reflected the spirit of joyful learning that prepares K2 students for resilience, independence, and growth.

LITTLE HANDS, BIG IMAGINATION!

Grade 1 students transformed simple materials into colourful landscapes, cheerful animals, and playful handmade treasures. Each snip, fold, and brushstroke nurtured confidence, fine motor skills, and creativity, while sparking joy and self-expression. Their art was more than activity – it was imagination brought to life, reminding us that every creation holds a story of discovery and wonder.



WHERE WORDS, NUMBERS & VALUES UNITE!



Grade 2 embraced September with learning experiences that beautifully wove together academics, creativity, and values. Through the Water Bottle Activity, students built sentences with pronouns, solved math problems, and reflected on water conservation—discovering that knowledge and responsibility flow together like ripples. The celebration of Ganesh Chaturthi further strengthened this harmony as students shaped vibrant Ganeshas using 2D geometry, blending tradition with mathematics in a joyful and meaningful way. Each activity showed that when imagination, numbers, and values come together, learning becomes not just a subject to study, but a way to live and celebrate.

HEARTS, HERITAGE, AND HORIZONS!



For our **Grade 3** students, September became a journey of the senses, the spirit, and the soul. Outdoors, they engaged in a mindful walk through nature, touching textures, sketching veins, and listening to the quiet language of leaves – learning that discovery begins with presence and perception. In their assembly, they gave voice to kindness, weaving shlokas, poems, dances, and role plays into a heartfelt reminder that small acts can create lasting ripples of change. Their explorations continued through heritage walks with INTACH, where every lane, courtyard, and archway told stories of resilience, culture, and belonging. Together, these moments revealed that true learning is not confined to books – it is experienced when students connect with nature, nurture compassion, and honour the heritage that shapes their identity.

MOMENTS, WORDS, AND WONDERS!

September was a month of exploration and expression for our **Grade 4** students, as they discovered how every subject connects to life in meaningful ways. In their assembly on time management, students reminded us through shlokas, quotes, skits, and dance that time is not only to be managed, but cherished – every moment a chance to grow with gratitude. In the classroom, vocabulary came alive through Frayer Models, where abstract words gained depth, clarity, and creativity, transforming language learning into a journey of imagination and ownership. Science, too, was experienced hands-on, as learners simulated the digestive system step by step, journaling reflections that deepened their curiosity and critical thinking. Together, these experiences revealed that whether through moments, words, or wonders, learning in Grade 4 is about living ideas, shaping values, and turning knowledge into action.



HANDS-ON SCIENCE!



Grade 5 students rolled up their sleeves to explore sedimentation, decantation, and filtration. Each step – watching particles settle, pouring clear liquids, and filtering mixtures – was a moment of wonder. Their teamwork and questioning minds transformed textbook concepts into lived experiences, proving that science is best learned by doing.

ROLLING INTO RATIOS!



With blocks and dice, **Grade 6** students turned ratios into a playful challenge. Each roll sparked debate, collaboration, and pattern-spotting, turning abstract numbers into hands-on learning. The activity not only deepened mathematical reasoning but also reminded them that discovery can be as joyful as it is rigorous.

A JOURNEY THROUGH TIME – FIELD TRIP TO AUTO WORLD!



Grade 6 students visited the Vintage Car Museum, Kathwada, where timeless vehicles narrated stories of heritage and innovation. From royal limousines to sports cars, each exhibit revealed history's craftsmanship and culture. The trip sparked awe, curiosity, and respect for technology, proving that field trips are journeys into living history.

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TECH-DRIVEN THINKERS IN ACTION!

Grades 3 and 4 began their BYOD journey with an exciting English session where grammar came alive through interactive practice and collaboration. The following week, they carried the momentum into Mathematics and Science –solving problems, exploring life cycles, and testing their knowledge through real-time digital quizzes. Each lesson blended curiosity with confidence, turning devices into tools of discovery.



Now, the journey is expanding further as students step into the world of STEM, AI, and Robotics, using the LMS to access resources, track progress, and deepen learning in purposeful ways. With every click and collaboration, they are building not just academic strength but also critical 21st-century skills—creativity, problem-solving, and responsible digital citizenship.

At Anand Niketan Shilaj, technology is not just an add-on; it is a bridge between curiosity and confidence, preparing students to learn, lead, and thrive.

VISIT TO BARODA MUSEUM & PICTURE GALLERY!



Grade 8 students explored the Baroda Museum and Picture Gallery, gaining insights into India's rich cultural and historical heritage. From ancient civilisations and sculptures to paintings, artifacts, and natural history exhibits, the visit offered a window into both India's legacy and global treasures.

FLAVOURS OF SHARING, MADE WITH LOVE

ANShites from **Grades 5–11** came together for PritiBhoj Jr, a no-fire cooking showcase that turned Sharing Day into a celebration of creativity, flavours, and mindful eating. Guided by the theme **Eat Local Eat Seasonal**. Share with Joy, students prepared satvic dishes with fresh ingredients and heartfelt intention. More than a competition, it was an expression of care and community—proving that food truly connects us all. Each month, we will be featuring one winning entry.

SNACK BOX – SATVIC PROTEIN BOWL

INGREDIENTS - Black chaana, Tomatoes, Cucumber, Coriander, Mint leaves, Nuts (Makhana, Almond, Cashews, Pumpkin seeds), Spices (salt, pepper, chat masala), Lemon

PROCEDURE –

- 1) Boil the black chana.
- 2) Prepare a green sauce:
 - Soak the nuts in milk and after the nuts get soaked then remove the milk.
 - Take coriander, mint leaves, soaked nuts, salt & pepper and blend it up to form a sauce.
- 3) Cut the vegetables.
- 4) In a bowl, add black chaana, vegetables and the green sauce.
- 5) Add lemon, salt and chat masala in the bowl.
- 6) Top it of with some fresh coriander.

LUNCH BOX – SATVIC FUSION BURRITO :-

INGREDIENTS - Multigrain Flour, Curd, Cottage Cheese, Tomatoes, Capsicum, Carrot, Rajma Beans, Spices (salt, pepper, red chilli, chat masala), Lemon, Ginger, Oregano (optional)

PROCEDURE –

- 1) Make a dough of multigrain flour (make it with lukewarm water to bind it properly). Make a roti with the dough.
- 2) Prepare 2 sauces:
 - (i) Cream cheese – Take cottage cheese, curd, salt, black pepper, and a little amount of water, and blend it to form a paste.
 - (ii) Red sauce – Take cottage cheese, tomatoes, ginger, salt, and black pepper, and blend it to form a sauce.
- 3) Cut the vegetables and add it to a bowl.
- 4) Add lemon and chat masala in the bowl of vegetables.
- 5) Add the red sauce in the vegetable and toss it up.
- 6) Apply cream cheese on the the roti and assemble the veggies on it.
- 7) Top it of with some oregano and wrap it up.

YUVIKA GOYAL (GRADE 9 – DURLABH) 2ND PRIZE-AGNI HOUSE (CATEGORY 9-11)**TEACHER PAR EXCELLENCE – A PROUD RECOGNITION!**

We are delighted to announce that our educators, Ms. Kadambari Karia and Ms. Aarti Purswani, have been recognised as “Teacher Par Excellence of the Year 2025.” This prestigious honour, awarded at the Teachers’ Day Award Ceremony organised by IIHM Ahmedabad, celebrates their dedication, innovation, and unwavering commitment to inspiring young minds. ANSh applauds them for this well-deserved recognition.



BLOOM & BOND – CELEBRATING THE HEART OF EDUCATION

At Anand Niketan Shilaj, Teachers' Day was not just an event but a heartfelt celebration of gratitude, joy, and togetherness. Under the theme Bloom & Bond – Celebrating the Heart of Education, the campus resonated with appreciation for mentors who nurture both minds and hearts.

From **Nursery to K2**, tiny thumbprints formed a tree of gratitude, while **Grades 1–4** expressed love through poems, drawings, and heartfelt notes. **Grades 11 and 12** hosted a vibrant programme in the auditorium, blending meaning with fun, ensuring every teacher felt valued and celebrated. Across **Nursery to Grade 12**, students poured their admiration into a heartfelt video presentation, capturing the spirit of appreciation that unites the Anand Niketan Shilaj family.

On *Saturday, 6th September 2025*, the Anand Niketan Shilaj family came together to honour Teachers' Day in the most memorable way—an afternoon alive with laughter, creativity, collaboration, and heartfelt reflection. From icebreakers celebrating individuality to fun team challenges, crown exchanges, and the Superteacher Runway, every moment radiated joy and unity. Teachers proudly wore their section colours, creating a vibrant rainbow of togetherness that symbolised the power of collaboration and collective spirit.



The day concluded with a touching note of gratitude as the Wall of Thanks and heartfelt words captured the deep bonds that make our school more than just an institution—it is truly a family. Every teacher carried home a handcrafted Fragrance Ocean Gel Candle, lovingly made by our SUPW students under the guidance of our Art Teachers—a symbolic gift reflecting the endless ocean of knowledge, care, and inspiration that teachers selflessly share.

Bloom & Bond was a celebration to treasure—filled with laughter, colours, crowns, and creativity—because when teachers bloom together, they truly bond forever.

STUDENT ACHIEVEMENTS: SPOTLIGHT ON EXCELLENCE

DISTRICT CHAMPIONS – SGFI U-17 BOYS FOOTBALL



ANSh proudly clinched the SGFI U-17 Boys District Championship 2025, showcasing grit, teamwork, and spirit. With victories over DPS (3–2), AIS (2–1), and more, our squad lifted the trophy with pride. Congratulations to our champions – your journey is an inspiration!

Silver Splash at the Nationals



A proud moment for ANSh as Hiya Shah (Grade 9 Durlabh) secured Silver in the 800m Freestyle at the CISCE Swimming Nationals, Bangalore. Her endurance and determination brought glory to both school and state.

Gliding to Glory – Asian Open



Aagam Arpit Gupta (Grade 7 Fahmida) represented India at the Asian Open Short Track Speed Skating Trophy 2025, securing 13th rank in Asia. Aagam's speed and determination made the school and country proud!

Game On: Subroto Cup Bound!



Our U-15 Boys Football Team is all set to represent ANSh at the Subroto Cup 2025 in Bangalore. With talent, teamwork, and spirit, they carry our best wishes as they step onto the international stage. Play with pride, boys!

NWR Nationals



Vani Shah (Grade 9 Chirayu) shone at the NWR Nationals, finishing 4th in U-17 Girls Singles. Her resilience and skill on court reflected true sportsmanship. Well done, Vani!

Rising Star – Gujarat State Ranking



Shrunaya Modi (Grade 3 Ekaya) reached the Quarterfinals of the Gujarat State Ranking Tennis Tournament (U-8). A promising start to a bright tennis journey!

Game On: Subroto Cup Bound!

Shaival Krunal Shah (Grade 4 Akshaya) secured Silver in 3×3 Cubing, Bronze in 3×3 Relay, and Bronze in Karate Kumite at prestigious competitions. A true multi-talented achiever!



Cubing Champion

Vrushank Rathod (Grade 5 Bindu) dazzled at the Rubik's Cube Competition, winning Gold in 3 Cube Relay and a 3rd place trophy in 3×3 Speed Cubing. Focus and speed defined his success!



Champion Moves, Brilliant Mind



Adamyia Gautam (Grade 4 Durlabh) lifted the Champion Trophy in 3×3 Cube and a Gold in 3 Cube Relay at Gujarat Cubers League. Dedication and lightning-fast skills made him a true role model!

Culinary Champions of ANSh

ANSh shone at the IIMH Competitions 2025:

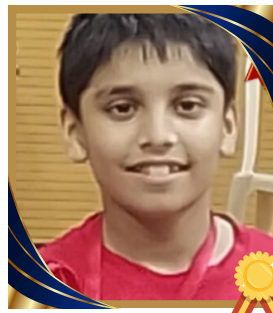


- **Suhan Chawla** – Winner, Young Chef India
- **Yug Agrawal** – 1st Runners-Up, Young Chef Junior
- **Ms. Ankita Panchal** – Winner, Teacher Chef

A proud blend of creativity, skill, and passion!

Shining at SGFI U-14 TT Championship

With focus and grit, Dhyan Chandak (Grade 7 Ekaya) powered Ahmedabad Rural to a 3–0 win at the SGFI U-14 Table Tennis Championship, securing his place at the Nationals in Madhya Pradesh.



Smashing Success – Table Tennis Star



Meet Trivedi (Grade 10 Durlabh) secured 2nd place at the SGFI Gujarat State Ranking Tournament, earning his ticket to Nationals. With grit and precision, he proved champions rise through persistence.

Champions Rise – Grit. Game. Glory!

Our U-14 boys stormed through the Future League unbeaten, clinching the championship with skill, strategy, and teamwork. From dominant wins to a nail-biting penalty shootout, every match reflected grit and unity—culminating in a powerful 4–1 final victory. Congratulations to our champions for bringing glory to Anand Niketan Shilaj with passion and sportsmanship!



From Pages to Headlines!

Ahana Singh (Grade 5 Bindu) secured Rank 1 in Gujarat at SBWF 2025 with her book From Sandstorms to Monsoons, earning features in ANI News, PTI, and The Tribune. A young voice making a national impact!



Grit and Grace!

Our karatekas showcased focus and resilience at the Chandramauleshwar Hall, Ahmedabad, bringing home medals with pride. Aanya Patel (8 Durlabh) and Jenika Patel (6 Durlabh) clinched Gold in Kumite, while Jenika also won Silver in Kata. Hrisha Patel (11 Chirayu) secured Gold in Kumite and Bronze in Kata—each victory a testament to discipline, strength, and determination.



Samarpan - Giving Is Living

EHSAAS: EMPOWERING HEARTS, ENRICHING LIVES

At Anand Niketan Shilaj, Ehsaas reminds us that the essence of education lies not only in learning but also in giving. Every act of kindness, no matter how small, has the power to create ripples of empathy and joy.

In August, our students beautifully carried forward this spirit by reaching out with thoughtfulness and generosity. From sharing time and resources to simply offering words of encouragement, they showed that compassion in action can brighten lives and strengthen our community. Their gestures proved that when we give, we receive something even greater — gratitude, connection, and purpose.

Celebrating Compassion: August Ehsaas Award Winners: Adit Patel(Nursery-Akshaya), Arika Gandhi(Nursery-Bindu), Jakshay Prajapati(k1-Akshaya), Kiaan Shah(K1-Bindu), Kiana Chudasama(K2-Bindu), Riyanshi Khode(K2-Bindu), Kaisha Bhojwani(1-Ekaya), Ivaana Dattani(E-Ekaya), Vyana Patel(2-Ekaya), Maanveet Goyal(2-Ekaya), Mitansh Patel(2-Ekaya), Anvay Agarwal(E-Ekaya), Dhanraj Mehta(2-Fahmida), Nysa Patel(2-Fahmida), Yashvi Patel(2-Ekaya), Heer Shah(3-Bindu), Kanvi Rakholiya(3-Bindu), Isabel Parmar(3-Durlabh), Aarya Shah(4-Ekaya), Jey Raval(4-Chirayu), Pratham Belani(7-Chirayu), Pranjal Kothari(10-Bindu).

We are proud to celebrate the Ehsaas Award recipients for August, whose heartfelt contributions reflect the true values of our school. Their actions remind us that kindness is not occasional, but a way of life.

October Focus: Let us continue to nurture this spirit of giving — through small acts of care at home, in school, and in society. Together, we can build a culture where empathy and compassion guide every step we take.

Fabulous Falcon Awards

HONOURING VALUES, INSPIRING HEARTS

At Anand Niketan Shilaj, the Fabulous Falcon Award reminds us that success is not only about achievements in academics or activities but also about the values that guide our everyday actions. It celebrates students who demonstrate empathy, responsibility, respect, and leadership — qualities that make a lasting impact on our school community.

In September, our Falcons continued to inspire us through their thoughtful choices and kind deeds. From supporting friends in need, to showing perseverance in challenges, to leading with quiet confidence, they reflected the essence of true character.

- **Respect for Self:** Aditi Sheth(1-Bindu), Shivaan Jain(2-Bindu), Yena Patel(3-A), Jesvi Vadi(4-Bindu), Divija Dahate, Neev Shah(6-Fahmida), Mishika Singh(7-Fahmida), Aanshi Thakkar(8-Bindu), Samayra Munshi(9-Ekaya).
- **Respect for Others:** Krisha Hemlani(1-Chirayu), Nayra Patel(2-Ekaya), Naaysha Thakkar(3-Chirayu), Priyangi Singh(4-Ekaya), Mishti Brahmhatt(5-Ekaya), Jiya Ghiya(6-Bindu), Kahan Danak(7-Ekaya), Dishita Prajapati(8-Akshaya), Taksh Shah(9-Akshaya).
- **Respect for Property:** Riyansh Thakkar(1-Akshaya), Jahal Patel(2-Chirayu), Swar Shah(3-Ekaya), Anshika Nair(4-Fahmida), Hridaan Soni(5-Fahmida), Heteeka Patel(6-Ekaya), Meharr Jadav(7-Akshaya), Kavisha Shah(8-Durlabh), Yuvika Goyal(9-Durlabh).

As we celebrate the Fabulous Falcons of August, we are reminded that integrity, compassion, and courage light the path toward a better tomorrow.

Congratulations to our Fabulous Falcons of August! Your example shows us all that greatness is measured not just in knowledge, but in the goodness we bring to others.

ANSh Aspirant

HEROES WITHIN, SUPERHEROES TOGETHER

At Anand Niketan Shilaj, we believe success lies not just in reaching milestones but in the courage to try, the resilience to continue, and the humility to learn along the way. The ANSh Aspirant Certificate is dedicated to students who embody this spirit — learners who ask questions fearlessly, persevere through challenges, and motivate others by their example. In September, our Aspirants once again proved that steady effort creates remarkable progress. Whether it was showing curiosity in class, striving to do better with each attempt, or uplifting their peers with kindness, they reminded us that true growth is measured in the little steps taken each day.

ANSh Aspirant (AUGUST): Jiya Patel(1-Akshaya), Vihaan Kanani(1-Bindu), Divit Sheth(1-Chirayu), Rajveer Singh (1-Durlabh), Dhvaj Thakkar(1-Ekaya), Vihanshi Patil(1-Fahmida), Mishka Maru(2-Akshaya), Yashika Bhadra(2-Bindu), Kiaan Bobra(2-Chirayu), Varnika Soni(2-Durlabh), Ayaan Patel(2-Ekaya), Ishita Shah(2-Fahmida), Prisha Jasrasaria (3-Akshaya), Reyansh Oza(3-Bindu), Vani Tulsani(3-Chirayu), Anay Jagani(3-Durlabh), Yaj Shah(3-Ekaya), Sharvi Patel(3-Fahmida), Yuvraj Kewlani(4-Akshaya), Ahaan Sheth(4-Bindu), Sai Patel(4-Chirayu), Keeva Thakkar (4-Durlabh), Maurya Shah(4-Ekaya), Ishan Sharma(4-Fahmida), Hriday Patel(5-Akshaya), Sanyam Shah(5-Bindu), Maurya Rajgor(5-Chirayu), Aarush Patel(5-Durlabh), Viyona Kankariya(5-Ekaya), Samarth Patel(5-Fahmida), Maksharth Oza(6-Akshaya), Kriti Thacker(6-Bindu), Jisha Thakkar(6-Chirayu), Kavish Patel(6-Durlabh), Niyaa Shah (6-Ekaya), Triaksha Kumar(6-Fahmida), Aarush Patel(7-Akshaya), Aarohi Dhyani(7-Bindu), Nityaa Gadhia (7-Chirayu), Vishwa Patel(7-Durlabh), Roonav Gandhi(7-Ekaya), Jyena Mehta(7-Fahmida), Aashna Parikh(8-Akshaya), Aanya Gajera(8-Bindu), Parikshit Bhoraniya(8-Chirayu), Devashree Patel(8-Durlabh), Mukti Vora(8-Ekaya).

As we step into October, we proudly recognise the ANSh Aspirants of August. Their journeys inspire us all to stay determined, stay curious, and keep growing with patience and heart. Congratulations to our ANSh Aspirants of August! May your dedication continue to shine as a beacon of perseverance and passion.

ANSh Pritibhoj – A Taste of ANSh at Home**ANSh Sambar Masala Recipe****Ingredients (~1 cup masala):**

- 2tbsp coriander seeds
- 2 tbsp chana dal
- 2 tbsp urad dal
- 1 tbsp toor dal
- 2 tbsp dry red chilies (adjust to taste)
- 1 tsp black peppercorns
- 1 tsp methi dana
- 1/2 tsp asafoetida (hing)
- 1 tsp turmeric powder (add after grinding)
- 1-2 sticks of dry curry leaves

Method:

1. Dry roast coriander seeds, chana dal, urad dal, red chilies, black peppercorns, and fenugreek seeds separately in a heavy bottoms pan on medium flame until fragrant and slightly golden.
2. Add hing at the end and roast for 10-15 seconds. Cool completely.
3. Grind all roasted ingredients to a smooth or slightly coarse powder.
4. Mix in turmeric powder after grinding.
5. Store in an airtight container in a cool, dry place. Lasts 3 to 4 months.

Method:

1. Cook the dal: Wash and soak toor dal for 3 hours and pressure cook with 4-5 cups water and turmeric powder for 3-4 whistles until soft. Mash lightly (not smooth) and set aside.
2. Cook the vegetables: In a separate pot, add chopped vegetables, green chilies, and 1-2 cups water with salt to taste. Cook until al dente (firm to bite not mushy)
3. Add mashed dal to the cooked vegetables. Mix in tamarind pulp, 3-4 tsp of ANSh sambar masala (as per taste) and salt. Simmer for 10-15 minutes on low flame for flavors to blend. Optional: add a pinch of jaggery for balanced flavor.
4. Tempering (tadka): Heat oil or ghee in a small pan. Add mustard seeds, dried red chilies, curry leaves, and hing. Pour the hot tempering over the sambar. Garnish with fresh coriander leaves.

Tip:

- Instead of tamarind, you may use lemon, but tamarind gives an authentic flavor.
- Use 1-2 tsp of ANSh sambhar masala per cup of dal water while making sambar.

Sambar Recipe (serves 6 People)**Ingredients:**

- 1 cup toor dal
- 4-5 cups water (for cooking dal)
- 1/4 tsp turmeric powder
- Salt to taste
- 2-3 cups mixed vegetables of your choice: doodhi, drumsticks (adds to the flavour), brinjal, pumpkin (optional)
- 2-3 green chilies, slit
- 1-2 tbsp tamarind pulp (soaked and extracted in 1 cup water)
- 3-4 tsp ANSh sambar masala
- 2 tsp oil or ghee
- 1 tsp rai
- 1/4 tsp asafoetida (hing)
- 8-10 fresh curry leaves
- 2 dried red chilies
- Fresh coriander leaves for garnish
- Optional: pinch of jaggery

ACTION FOR HAPPINESS

OPTIMISTIC OCTOBER – CHOOSING HOPE EVERY DAY

At Anand Niketan Shilaj, we believe that optimism is more than just a positive outlook – it is a mindset that empowers us to face challenges with courage and embrace opportunities with confidence. Optimistic October encourages our students, parents, and educators to look for the good in every situation, to nurture gratitude, and to spread hope wherever they go.

This month, let us remind our learners that optimism is not about ignoring difficulties, but about believing in the possibility of solutions. Small acts like encouraging a friend, writing down three good things at the end of the day, or starting mornings with affirmations can shift perspectives and brighten lives.



Optimistic October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

ACTION FOR HAPPINESS

Happier · Kinder · Together

Why Optimism Matters in Learning

Research shows that optimistic students are more resilient, motivated, and engaged in their studies. By cultivating hope, they not only improve academic performance but also develop stronger emotional well-being and a sense of purpose.

Challenge for October

Choose one "optimistic action" each day – smile more, share words of encouragement, write a gratitude note, or set a hopeful goal for yourself. Notice how your positivity inspires those around you.

Write to us at ansh.newsletter@anandniketan.edu.in to share your "Optimistic October" moments. Your reflections may inspire others to spread hope and happiness too!

Together, let's make October a month of optimism, gratitude, and joyful growth.

Did You Know?

Studies suggest that optimistic people live healthier, longer lives because they manage stress better and approach challenges with confidence.

PARENT'S CORNER: SUPPORTING, GUIDING, AND GROWING TOGETHER**PARENTING WITH PATIENCE!**

In the journey of parenting, there are few virtues as powerful and yet as challenging as patience. Our children are learning every day – about the world, about themselves, and about us. Their mistakes, endless questions, or even moments of resistance are not meant to test us, but to remind us that growth takes time.

At Anand Niketan Shilaj, we believe patience is not just waiting calmly; it is choosing to respond with love, understanding, and gentleness even when things don't go as planned. Every pause, every deep breath, and every moment of calm we model becomes a silent lesson for our children in handling life with grace.

3 SIMPLE WAYS TO PRACTISE PARENTING WITH PATIENCE

- **Pause Before Reacting** – When frustrated, take a breath before responding. Often, calm words open doors where anger closes them.
- **See the Child Behind the Behavior** – Remember that a tantrum or mistake is often a child's way of asking for guidance, not punishment.
- **Celebrate Small Steps** – Progress is not always big and visible. Acknowledge little improvements – they build confidence over time.

OCTOBER REFLECTION FOR PARENTS

Patience doesn't mean ignoring mistakes or struggles; it means guiding children gently until they find their way. In a world that moves fast, patience allows us to slow down and remind our children that love is unconditional, and support is always near.

YOUR PARENTING TIP!

How do you practise patience in challenging parenting moments? Share your story with us at ansh.newsletter@anandniketan.edu.in, and you might inspire another parent's journey.

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

"The more of me you take, the more you leave behind. What am I?"

Answer: Footsteps

CONGRATULATIONS TO OUR SEPTEMBER RIDDLE STARS

Priyanka Patel – Mother of Khanak Patel (K2 Ekaya)

Rinshu Meet Dadhania – Mother of Hridit Meet Dadhania (K2 Ekaya)

Well done – and good luck to everyone trying October's puzzles!

PUZZLE OF THE MONTH – OCTOBER EDITION

Riddle me this: "I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?"

Think you've solved it? Email your answer to ansh.newsletter@anandniketan.edu.in for a chance to be our next Riddle Star!

☆ WE VALUE YOUR VOICE ☆

Have a story, suggestion, or feedback to share? We'd love to hear from you.
Write to us at ansh.newsletter@anandniketan.edu.in and let's keep growing, thinking, and smiling together.

Warm Regards,
Team Anand Niketan Shilaj Campus

SPARK! FUN & ENGAGEMENT CORNER – OCTOBER EDITION

HOPE, JOY, AND TOGETHERNESS!

As the festive season begins, October reminds us of the power of hope and the happiness that grows when we share joy with others. This month is about looking forward with optimism, spreading smiles, and celebrating the little moments that make life brighter.

RIDDLE ME THIS – OPTIMISTIC OCTOBER EDITION!

- I'm always ahead of you but never seen. What am I?
- The more you share me, the bigger I grow. What am I?
- I have branches but no leaves, trunk, or fruit. What am I?

WORD WHIRL – OCTOBER JUMBLE!

Unscramble these words connected to optimism and joy:

- OPEH → _ _ _ _
- EILSM → _ _ _ _ _
- NIDK → _ _ _ _
- FAEHTI → _ _ _ _ _
- TTRUS → _ _ _ _ _

CREATIVE SPARK: "FESTIVAL OF SMILES"

Draw, write, or design one way you spread joy to others during this festive season. It could be sharing sweets, helping a friend, decorating your home, or simply offering a smile.

✉ Share your entries with us – your work may be featured in the November edition!

DID YOU KNOW?

The word October comes from the Latin octo, meaning "eight," as it was originally the eighth month in the Roman calendar. Over time, even though it became the tenth month, its name never changed!

THE 5-WORD OPTIMISM CHALLENGE

Can you sum up optimism in just 5 words?
Here's one to inspire you:

"Every sunrise brings new hope."

Send yours to us – we'd love to feature your uplifting mantras!

JOKE OF THE MONTH

Student: "Why did the computer go to the doctor?"

Teacher: "Why?"

Student: "Because it caught a virus!"

ANSWERS

JUMBLED WORDS: OPEH → HOPE, EILSM → SMILE, NIDK → KIND, FAEHTI → FAITH, TTRUS → TRU
RIDDLES: 1. THE FUTURE, 2. HAPPINESS, 3. A BANK



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