

MONTHLY NEWSLETTER

EDITION 9 (SEPTEMBER 2025)



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FOUNDER'S MESSAGE

Nurturing Growth, Embracing Change

Dear Anand Niketan Shilaj Family,

As we welcome September, we step into a season that reminds us of balance and renewal. Just as nature embraces change with grace, so too must we guide our students to adapt with resilience, curiosity, and a strong sense of values.

At Anand Niketan, we believe education is not only about acquiring knowledge but also about cultivating wisdom, compassion, and the courage to take initiative. Each student holds the ability to grow into a leader who can make a difference—whether through small acts of kindness or bold steps of innovation.

This month, let us continue to build an environment where learning is joyful, challenges are embraced as opportunities, and growth is rooted in character. May September inspire all of us to foster both the intellect and the heart of every child.

-Shri Kamal Mangal

Founder, Anand Niketan Group Of Schools

DIRECTOR'S MESSAGE

Fostering Curiosity, Building Confidence

Dear Parents, Students, and Educators,

As September unfolds, it brings with it a renewed rhythm of learning, discovery, and collaboration. Each day at Anand Niketan Shilaj reminds us that education is not confined to lessons—it is a journey of nurturing curiosity, building confidence, and empowering students to find their unique voice.

I have been deeply inspired to see students taking ownership of their learning, whether through classroom projects, cultural initiatives, or collaborative problem-solving. Leadership, for us, is not just about holding a title but about the small choices our students make—choosing kindness, embracing challenges, and standing up for what is right.

At the heart of our vision is a simple truth: when students are trusted and encouraged, they rise with resilience, responsibility, and purpose. Let us continue to provide them with opportunities to question, to create, and to lead with integrity.

-Ms. Lamiya Shums

Director, Anand Niketan Shilaj Campus

PRINCIPAL'S MESSAGE

Celebrating Growth, Embracing Possibilities

Dear Parents and Guardians,

September arrives with the promise of deeper learning and new beginnings. By now, classrooms are alive with curiosity, creativity, and collaboration, and it is heartening to witness our students growing not only in knowledge but also in confidence and character.

At Anand Niketan Shilaj, every day brings us closer to our vision of excellence with happiness—whether it's through an engaging STEM activity, a thoughtful discussion, a spirited sports event, or a cultural celebration that brings our community together. These experiences are more than just events; they are steps in shaping responsible, compassionate, and future-ready individuals. As we move forward, let us continue to walk hand in hand—students, parents, and educators—embracing challenges with courage, celebrating milestones with gratitude, and nurturing the values that will guide our students in every sphere of life.

Together, we are not just inspiring futures; we are building them.

- Ms. Tanu Mangla

Principal, Anand Niketan Shilaj Campus

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CAMPUS CHRONICLES: HIGHLIGHTS OF AUGUST

EARLY YEARS SPOTLIGHT

JANMASHTAMI CELEBRATION 2025-26

On 14th August 2025, the Saumyadeep campus of Anand Niketan Shilaj came alive with colours, devotion, and joy as our youngest learners from **Nursery, K1 and K2** celebrated Janmashtami – the birth of Lord Krishna.

The celebration was graced by the presence of our Respected Founder Shri Kamal Mangal Sir, Respected Pushpa Ma'am, Core Team and Parents, whose blessings and encouragement filled the atmosphere with warmth and reverence.

The programme began with the chanting of sacred shlokas which filled the hall with divine vibrations. Students then brought to life Krishna's timeless leelas through a variety of performances – soulful bhajans, graceful yoga displays, vibrant folk dances, and skits that beautifully portrayed stories such as Krishna Janam, Brahmand Darshan, Govardhan Parvat, Sudama and Krishna, Radha as Guru, Kaliya Naag Daman, and even Abhimanyu's Chakravayuh. Each act carried with it lessons of love, courage, devotion, and friendship.

The audience was charmed by lively performances like Makhan Chor, Maiya Yashoda, Govinda Aala Re, and Nagar Nand Ji Na Laal, while tender portrayals like Kanha So Ja Zara touched every heart. The atmosphere rose to a crescendo with powerful finales such as Aarambh Hai Prachand, leaving the auditorium resonating with energy and devotion.

A special highlight of the morning was the Aarti, a deeply spiritual moment that brought everyone together in prayer. Principal Tanu Ma'am's heartfelt address set the tone for the day, while the inspiring blessings shared by Founder Sir reminded us of the deeper meaning of Krishna's life and message.



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Throughout the celebration, the innocence and enthusiasm of our Nursery, K1, and K2 students transformed the stage into a living Vrindavan. Their confident voices, radiant smiles, and graceful performances reflected the school's motto – Happiness is the Heart of Education.

The Janmashtami celebration was not just an event – it was a spiritual journey that touched every heart and reminded us all of Krishna's eternal message of love, truth, devotion, and courage.

Together we say – Jai Shri Krishna! 🙏

CELEBRATING TRADITIONS: GANESHA CHATURTHI WITH YOUNG MINDS!



Saumyadeep came alive with joy as **Nursery, K1, and K2** students celebrated Ganesha Chaturthi through stories, songs, and creative art. Nursery and K1 students crafted Ganpati using colourful shape cut-outs, while K2 students expressed their creativity by making origami Ganpati faces. The celebration blended fun and learning –nurturing cultural awareness, collaboration, and fine motor skills, while helping students connect with the values and symbolism of this beloved festival.

RAKSHA BANDHAN CELEBRATIONS AT ANAND NIKETAN JOEYS!

Our Saumyadeep (**Nursery, K1 & K2**) students celebrated Raksha Bandhan with joy, creativity, and care. They tied rakhis not just to siblings, but also to friends, teachers, plants, and books – embracing the spirit of universal protection. With stories, discussions, handmade rakhis, and healthy festive treats, our little Joeys learned that true raksha lies in kindness, empathy, and responsibility towards all.



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JOYFUL JOURNEYS IN NURSERY: LEARNING THROUGH PLAY AND EXPLORATION

Nursery students at Anand Niketan Shilaj experienced a joyful month of hands-on learning, blending creativity, physical development, and cognitive growth. In **Nursery Akshaya**, students explored their imagination through a clay-making activity, rolling and shaping clay into fun forms, and honed their fine motor skills and spatial awareness with a colourful Pattern Fine Motor Skills activity using mosaic tiles and sticks. Over in **Nursery Bindu**, students engaged in a lively Brain Gym session, combining guided physical movements with focused exercises to boost memory, alertness, and coordination, making learning active and fun. **Nursery Chirayu** students enjoyed an energetic Gross Motor Skills session with hoops and balls, building agility, balance, and strength while fostering confidence and teamwork. Meanwhile, in **Nursery Durlabh**, students collaborated on a vibrant Handprint Art project, stamping bright yellow and pink handprints to create a stunning circular design that encouraged teamwork, artistic expression, and sensory exploration. These thoughtfully planned activities created meaningful opportunities for students to learn, play, and grow together.



CURIOS MINDS, CREATIVE HANDS: K1 EXPLORERS IN ACTION

At Anand Niketan Shilaj, our **K1** students had an exciting month filled with discovery, creativity, and hands-on learning. The story "My Home" was brought to life through a delightful puppet show, sparking imagination and meaningful conversations about family and belonging.





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Learning continued beyond academics with life skills practice, where students folded their aprons and table mats, building independence and responsibility. They also measured their classroom using foot spans, making the concept of length both fun and interactive.

From observing floating colours in water, to shaping creative models with wet clay, and balancing balls in the Brain Gym activity, every experience encouraged focus, motor skills, and collaborative learning.

This blend of exploration, creativity, and practical skills ensured that each K1 student's journey was filled with moments of joy, wonder, and growth.

EXPLORING, LEARNING, AND GROWING – K2 ADVENTURES

At Anand Niketan Shilaj, our **K2** students continue to embrace learning with curiosity, joy, and confidence through activities that engage their minds and hearts.

In **K2 Akshaya**, students explored the fascinating world of phonics by learning the "ee" digraph. They excitedly connected real objects with their corresponding flashcards and practised reading words with pride, turning every discovery into a moment of accomplishment.

The **K2 Bindu** classroom buzzed with focus and excitement during subtraction practice. Students used hands-on activities to solve sums, strengthening their number sense and building confidence in mathematics.

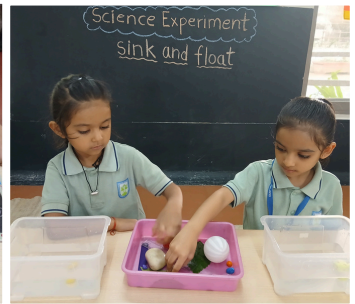
In **K2 Chirayu**, the classic sink and float experiment turned science into a joyful experience. Students predicted, observed, and concluded as they tested objects in water, laying the foundation for scientific thinking and curiosity.

K2 Durlabh students joyfully revised their vyanjans by matching flashcards to letters and drawing related objects on their slates, combining literacy with creative expression to reinforce their learning.

The **K2 Ekaya** learners explored the art of balance in a unique coordination activity, holding a popsicle stick steady on one finger. This fun challenge sharpened their focus, balance, and hand-eye coordination while encouraging patience and perseverance.

Meanwhile, in **K2 Fahmida**, students engaged in a bilateral coordination exercise by rolling pencils in opposite directions, enhancing fine motor skills and developing stronger control and focus through purposeful play.

Each of these activities reflects our belief that meaningful learning happens when curiosity meets hands-on exploration—building confident, capable, and creative learners, ready to take on new challenges every day.





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HOT OFF THE PRESS – OUR YOUNG JOURNALISTS IN ACTION



Our enthusiastic **Grade 1** students stepped into the shoes of budding reporters during an engaging newspaper-making activity. From crafting catchy headlines and drawing vibrant illustrations to writing short news stories and designing creative puzzles, they discovered how news can inform, entertain, and inspire. This hands-on experience not only honed their language and art skills but also fostered collaboration and critical thinking – turning their classroom into a lively newsroom full of ideas and imagination.

CELEBRATING BONDS AND THE JOY OF GIVING



Grade 3 Bindu students beautifully combined the themes of Rakshabandhan and generosity in a heartfelt assembly. With thoughtful narrations, graceful dance performances, and a melodious song, they reminded everyone that love and kindness make every bond stronger. The event concluded with Aspirants and Fabulous Falcon recognitions, inspiring peers to lead with empathy and gratitude in their daily lives.

RAKHI FOR NATURE – A NEW PERSPECTIVE

Students of **Grade 2 Durlabh** redefined Raksha Bandhan with a powerful message – tying symbolic rakhis to trees and elements of nature to honour the environment that nurtures us. Through a thought-provoking skit and vibrant performances, they promoted the 3Rs – Reduce, Reuse, Recycle – and reminded everyone of their responsibility to protect what protects us. The session ended with the distribution of Aspirants and Fabulous Falcon awards, recognising students who embody values of responsibility and care.





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Raksha Bandhan Celebrations at ANSh

Raksha Bandhan at ANSh was a beautiful blend of joy, tradition, and togetherness. Our little ANShites from **Grades 1–4** celebrated with creativity and teamwork—making laddoos, learning about the festival’s significance through engaging stories and videos, and crafting colourful quilled rakhis filled with love. Students from **Grades 5–12** marked the occasion with Threads of Care: A Pledge to Protect What Matters. Each tied thread became a symbol of a personal promise—whether to protect the environment, nurture friendships, safeguard mental well-being, or uphold honesty.



The celebrations truly reflected that Raksha Bandhan is not just about tying threads, but about weaving bonds of love, care, and responsibility for one another and the world around us.

Books Over Chocolates – A Rakhi Message That Inspires

Grade 4 Durlabh students delivered a powerful assembly linking the joy of reading with the spirit of Raksha Bandhan. Through skits and discussions, they highlighted that books, like siblings, guide and protect us. Their message – to gift wisdom through stories instead of only sweets – left everyone inspired to embrace the habit of reading. The celebration also honoured Fabulous Falcons and ANSh Aspirants, reinforcing the value of curiosity and growth.



Healthy Habits, Happy Bonds



Grade 1 Bindu students brought together wellness and tradition in a delightful assembly on healthy living and the deeper meaning of Raksha Bandhan. From skits about healthy routines to heartfelt messages of gratitude for those who care for us, the session reminded everyone that true protection starts with self-care and appreciation of others. The students’ enthusiasm and sincerity turned the assembly into a joyful celebration of health, love, and gratitude.

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TIME MATTERS – LESSONS IN DISCIPLINE AND BALANCE



Grade 6 Durlabh students led a powerful assembly on time management, combining prayer, music, and performance to deliver their message. A moving skit and graceful dance illustrated how discipline and planning can help balance academics, activities, and leisure. The assembly concluded with reflective takeaways, as well as Aspirants and Ehsaas recognitions, reminding students that small changes in daily habits can create a big impact.

MOMENTS THAT SHAPE YOUNG LEADERS



In a meaningful **Grade 3** assembly, students reflected on school values like respect, discipline, and responsibility. The session honoured students with Ehsaas Certificates for their kindness and empathy, and welcomed newly appointed Class Representatives with badges and sashes. Each moment — from mindful chanting to leadership recognition — celebrated growth, responsibility, and the strength of community.

GRATITUDE AND GROWTH – TOGETHER AS A COMMUNITY



Grade 2 students came together for an assembly centred on gratitude and reflection. Highlights included the Fabulous Falcon awards, the Ehsaas initiative encouraging kindness through thoughtful birthday celebrations, and the pinning of Class Representatives, who pledged to lead with empathy and fairness. Student-led performances added vibrancy to the session, making it a true celebration of community, values, and togetherness.

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LIVING OUR VALUES EVERY DAY

Grade 4 students began their assembly with a soulful shloka before engaging in thoughtful discussions on discipline, punctuality, and shared responsibilities. The session honoured students with Ehsaas Certificates for their acts of kindness and pinned badges on newly elected Class Representatives. It was a strong reminder that leadership is built on integrity, respect, and responsibility – values that anchor every action at Anand Niketan Shilaj.



YOUNG LEADERS TAKING FLIGHT



Grade 1 students embraced their leadership journey with an assembly focused on core values like discipline, cleanliness, and respect. Educators guided discussions that helped students connect everyday actions with larger principles, while the pinning of Class Representatives marked the beginning of their leadership roles. The recognition of Ehsaas Certificate recipients further inspired everyone to live their values every day.

WELLNESS IN FOCUS: CHOOSING HEALTH, THE NATURAL WAY

At Anand Niketan Shilaj, learning goes beyond classrooms – and this month, **Nursery to 12** explored the art of staying healthy through “Medication-Free Living,” a thought-provoking wellness seminar.

The session opened young minds to the idea that true well-being is built through balance – nutritious food, mindful habits, movement, and rest. Students experienced simple acupressure techniques to relieve stress and improve focus, and discovered how daily choices like drinking enough water, eating fresh foods, and sleeping well can transform their health.



More than just tips and techniques, the session was a wake-up call to own their wellness journey. Students left inspired, realising that small steps today – like mindful eating or taking a break from screens – can lead to a healthier, happier tomorrow. This initiative reinforces our belief that education isn't just about academics, but also about empowering students to lead balanced, purposeful lives – naturally.



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VOICES OF FREEDOM, VISIONS FOR TOMORROW

On this 79th Independence Day, Anand Niketan Shilaj celebrated freedom not just as a moment in history, but as a vision for a brighter future. Through Art Express – For a Better World, students from **Grades 1 to 12** transformed their creativity into powerful expressions of hope, empathy, and responsibility, drawing inspiration from the Sustainable Development Goals (SDGs).

Across classrooms, guided brainstorming sessions helped students connect global themes—Zero Hunger, Clean Water, Gender Equality, Life on Land, and Climate Action—to their own thoughts and experiences. Taking their ideas home, they added personal touches and thoughtful slogans, creating original posters that blend artistic expression with a sense of purpose.

For our Grades 1–4 students, the activity was a gateway to understanding that their voices matter. Their designs reflected empathy, awareness, and the belief that even small actions can create big change. Meanwhile, Grades 5–12 students took the initiative further, using bold visuals and thoughtful messages to share their interpretations of what freedom truly means: the power to make the world a better place.

This initiative nurtures socially responsible, environmentally conscious, and creatively empowered learners, encouraging them to think critically, act responsibly, and use art as a tool for change.

The celebration culminated with selected posters showcased at the prestigious Art Fest, where our students proudly shared their visions – inspiring everyone to see freedom not just as a right, but as a commitment to progress, people, and planet.



GUIDED BY GITA: LESSONS FOR LIFE



Grade 7 Durlabh students beautifully brought the wisdom of the Bhagavad Gita to life through bhajans, shlokas, drama, dance, and an interactive quiz. The assembly highlighted practical lessons on managing stress, anger, and peer pressure while embracing self-discipline, compassion, and balance. The powerful message that “what has happened is good, what is happening is good, and what will happen will be good” left everyone inspired with hope and purpose.

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A MORNING OF KINDNESS AND CONNECTION

Grade 9 Chirayu of Anand Niketan Shilaj turned an ordinary morning into a celebration of compassion with their thoughtful assembly on The Joy of Giving. Through soulful prayer, heartfelt poetry, live music, and a powerful drama, they reminded everyone that giving isn't just about things—it's about sharing time, love, and presence.



A soulful Qawalli performance added rhythm and energy, weaving culture beautifully into the message of empathy and togetherness. The assembly ended on a note of pride and unity with the National Anthem, leaving every heart touched and inspired.

HARAPPA REIMAGINED: LESSONS FROM THE PAST

The curious minds of **Grade 9 Akshaya** took their audience on a creative journey back in time with an engaging role-play on the Harappan Civilization.

Using the imaginative concept of a time machine, students explored the civic brilliance, advanced systems, and cultural richness of one of history's most progressive societies.

Through dialogue, drama, and visuals, they highlighted how this ancient civilisation shaped urban living while also analysing its eventual decline. The activity not only deepened historical understanding but also honed their collaboration, research, and critical thinking skills.



CELEBRATING DIVERSITY, SHOWCASING TALENT

Students of **Grade 9 Bindu** celebrated the beauty of global cultures through a vibrant and insightful assembly on "Appreciating Various Cultures", aligned with SDG 4: Quality Education.



The programme began with a soulful prayer and a witty stand-up act, followed by a creative drama that took the audience across continents, embracing diversity and shared values.

An engaging quiz sparked curiosity, while the highlight – the Science Rap by Zyfest 2025 winners Samruddhi Soni (Grade 10 Bindu) and Dhriti Joshi (Grade 10 Durlabh) – showcased how learning can be rhythmic, fun, and innovative.

It was a wonderful celebration of creativity and learning beyond textbooks, reminding everyone that education thrives when voices and cultures connect.

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Innovation in Action: ANSh Shines Bright!

Anand Niketan Shilaj Campus proudly celebrates a milestone achievement – being recognised by the Atal Innovation Mission, NITI Aayog, as the ATL School of the Month for June 2025.

This prestigious honour reflects our unwavering commitment to fostering a culture of creativity, innovation, and hands-on problem-solving through our Atal Tinkering Lab (ATL). Guided by our vision of “Infusing Sustainability with the Force of Technology,” our students continue to explore real-world challenges and design solutions that are impactful, responsible, and future-ready.

Building on this momentum, the energy soared even higher during Mega Tinkering Day on August 12, 2025. Joining thousands of young innovators across India, our students from **Grades 2 to 8** filled the STEM, AI, and Robotics Labs with curiosity, teamwork, and the joyful hum of motors and ideas in motion.



The challenge? Design and build DIY vacuum cleaners using everyday materials.

What began as simple instructions quickly evolved into a canvas for innovation – with students experimenting, modifying designs, and exploring concepts like suction, air pressure, and basic electronics. The pride of transforming ideas into working prototypes was evident in every laugh, spark of collaboration, and moment of discovery.

These experiences underline a powerful truth: when curiosity meets opportunity, innovation becomes unstoppable.

At ANSh, we remain committed to nurturing these young problem-solvers – equipping them with the mindset, skills, and confidence to shape a better tomorrow.



Congratulations to our learners, educators, and the entire ANSh community for making innovation not just a goal, but a way of life.



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ANAND NIKETAN SHILAJ ROCKETS TO NEW HEIGHTS WITH NATIONAL SPACE DAY CELEBRATION

The campus of Anand Niketan Shilaj turned into a galaxy of imagination and discovery as students celebrated National Space Day with excitement, creativity, and hands-on exploration. From the bright-eyed Nursery students to the budding innovators of Grade 8, every corner of the school buzzed with curiosity and wonder.

For our early years learners (**Nursery, K1, and K2**), the day was pure magic. Nursery students printed colourful rockets using ear buds, while K1 and K2 students designed, decorated, and launched straw-powered rockets. Every giggle and cheer reflected not just joy but a budding love for science and exploration.

Grades 1 to 4 dived deeper into creativity with the "Rocket of My Dream" activity, crafting symbolic rockets to represent their aspirations. Their journey continued with a Space Room gallery walk, where they explored planets, stars, and galaxies in an interactive, awe-inspiring setup.

Our middle school explorers (**Grades 5–8**) took the celebration a step further. Grades 5 and 6 connected with the inspiring life of Dr. APJ Abdul Kalam through an interactive video session, while Grades 7 and 8 reflected on his legacy via a documentary and a 3-2-1 Infographics Activity, encouraging critical thinking and personal connections with the themes of innovation and curiosity.

At Anand Niketan Shilaj, National Space Day 2025 was more than an event; it was a journey to inspire our students not just to learn about the stars but to reach for them. Across the campus, the celebration seamlessly combined learning with wonder—every rocket built, every fact discovered, and every dream shared reflected the school's commitment to experiential and future-ready education.



ANSh Pritibhoj – A Taste of ANSh at Home

Sugar-Free Churma Ladoo

Ingredients

- 3 cups coarse wheat flour
- 2 tbsp besan (optional, for binding)
- ½ cup ghee (to mix into the flour)
- Warm water, as needed
- Ghee as needed for frying muthias (or use baking/air-frying as a lighter option)
- ¼ cup ghee (for roasting nuts and mixing with churma)
- 2 cups jaggery (finely chopped or grated)
- 3 tbsp almonds, chopped
- 3 tbsp cashews, chopped
- 3 tbsp raisins
- ½ tsp cardamom powder
- 2 tbsp poppy seeds (optional)

Method

1. In a bowl, mix flour, besan (if using), and ½ cup ghee. Rub well until crumbly.
2. Add water slowly and knead into a firm dough.
3. Shape into oval muthias (ensure the muthias hold its shape like finger marks impression)
 - Frying option: Deep-fry in ghee on low flame until golden and crisp.
 - Healthier option: Bake or air-fry at 180 °C until golden.
4. Cool muthias completely. Break and grind to a coarse powder.
5. Heat ¼ cup ghee in a pan. Roast almonds, cashews, and raisins until golden. Remove and keep aside.
6. In the same ghee, melt jaggery gently on low flame.
7. Pour melted jaggery over the churma powder. Mix well.
8. Add roasted nuts, cardamom, and poppy seeds. Mix thoroughly.
9. While still warm, shape into ladoos. If mixture feels dry, add a spoon of warm ghee to bind.
10. Cool, let them set, and store in an airtight container.

Tips to Make the Best Churma Ladoos :

Make ladoo-making a joyful family activity. Invite your children and loved ones to join in:

- Use coarse wheat flour for that authentic taste and grainy texture.
- Fry muthias slowly on a low flame so they cook evenly from inside.
- Let the muthias cool fully before grinding to keep the churma light and fluffy.
- Pick fresh, soft jaggery so it melts smoothly and blends well.
- For a lighter version, bake or air-fry the muthias instead of frying.
- Store the ladoos in a cool, dry place. They stay fresh for 7–10 days.

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STUDENT ACHIEVEMENTS: SPOTLIGHT ON EXCELLENCE

VOICES IN HARMONY, VICTORIES IN SONG!

The Bharat Vikas Parishad District-Level Group Song Competition, held at Anant National University, was a stage where talent, discipline, and passion came together – and our Anand Niketan Shilaj students shone brilliantly among participants from 23 schools.

In the Hindi Group Song – Part A, our talented singers – Deetya Pathik Panchal (Grade 7 Durlabh), Sannidhi Upendra Patel (Grade 7 Bindu), Venisha Harsh Patel (Grade 7 Ekaya), Mishika Prabhat Singh (Grade 7 Fahmida), Ameer Yatin Acharya (Grade 8 Durlabh), Mukti Nimish Vora (Grade 8 Fahmida), Vaishnavi Yogesh Gadhvi (Grade 8 Fahmida), and Zahra Parvez Rushnaiwal (Grade 8 Durlabh) – secured a proud second place, performing the soulful “Bharat Vande Mataram.”



In the Hindi Group Song – Part B, our senior team – Dhyana Manmeet Vyas (Grade 9 Chirayu), Kashvi Hardik Raval (Grade 9 Ekaya), Keya Mehul Kagathara (Grade 9 Bindu), Urja Alpesh Patel (Grade 9 Ekaya), Kenil KirtiKumar Ghodasara (Grade 9 Akshaya), and Om Nihar Bhatt (Grade 9 Durlabh) – claimed first place, also with the powerful “Bharat Vande Mataram.” This performance has earned them a spot at the

State-Level Competition, where they will represent ANSh with pride and determination. Adding to the triumph, the same group took the first place in the Sanskrit Group Song – Part B with their melodious “Jay Bharat Janani,” reflecting the rich cultural heritage of our land.

These achievements are a testament to the students’ dedication, the guidance of their mentors, and the support of the ANSh community. Congratulations to our talented singers – your voices have not only won accolades but also hearts, carrying the true spirit of unity and pride.

Shining on the Court – Badminton Stars of ANSh!

We are proud to announce that in the SGFI Ahmedabad Rural Badminton Tournament (U-14 category), our talented students delivered an outstanding performance:



- Reyansh Agarwal – Grade 6 Durlabh (U-14 Boys)
- Paavi Maloo – Grade 8 Chirayu (U-14 Girls)
- Naisha Maheshwari – Grade 9 Chirayu (U-14 Girls)

All three have been selected to represent at the State Tournament, carrying the ANSh spirit of hard work, focus, and excellence to the next level.

Congratulations to our young champions – your dedication and passion are truly inspiring!

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SGFI KARATE CHAMPIONSHIP ACHIEVEMENTS

Our ANShites displayed remarkable skill and discipline at the SGFI Karate Championship 2025, held at Khokhra Sports Complex.

- Jenika Patel (Grade 6 Durlabh) – Gold | U-14 | -42 kg
- Hrisha Patel (Grade 11 Chirayu) – Gold | U-19 | -52 kg
- Heer Porecha (Grade 11 Bindu) – Silver | U-19 | -56 kg
- Miti Apkare (Grade 10 Akshaya) – Bronze | U-17 | -60 kg



Congratulations to our karatekas for their dedication and outstanding performance. You have made ANSh proud!

SILVER STREAK ON WHEELS!

Sayuji Singh of Grade 2 Bindu shone at the Warrior Skating Tournament, earning three silver medals in the 5–7 years category. His passion and perseverance on the track are truly inspiring. Congratulations, Sayuji!



SPEED, FOCUS, AND PRECISION!



Prina Simariya of Grade 4 Durlabh dazzled at the Lighting Cubers Monsoon Edition 2025, organised by the Junior Cube Association, winning multiple trophies and a medal. Ranked among the Top 40 female speed cubers in India, Prina's achievement reflects her incredible skill, relentless practice, and passion for excellence.

SMASHING SUCCESS AT SGFI 2025!

Kudos to Vidhi Agarwal (Grade 12) for securing 3rd position in the SGFI Table Tennis Championship 2025 held at Khokhra Sports Complex. Her precision, speed, and perseverance reflect true sportsmanship and make the ANSh family proud of her remarkable achievement.



GLIDING TO GLORY!

With grit and skill, Shaival Shah (Grade 4 Akshaya) secured bronze in both the 1000 m race and the Road Race at the SGFI Skating (Quad) Tournament. Congratulations to Shaival for gliding his way to glory!



SKATING TO GLORY AT SGFI 2025!

Heer Gohil (Grade 7 – Durlabh) made Anand Niketan Shilaj proud by securing three Silver Medals at the SGFI 2025 Speed Skating District Tournament



in the Under-14 Quad Skating category – 500m + D Rink Race, 1000m Rink Race, and 2000m Road Race. Her grit, speed, and dedication are an inspiration to all!

Power. Passion. Pride. A Shining Moment for ANSh!

Heartfelt congratulations to Samya Panchal (Grade 8 Bindu) for winning Gold in Weightlifting at the SGFI Tournament held on 1st August. With strength, discipline, and unstoppable determination, Samya lifted her way to the top, proving that focus and hard work turn dreams into achievements. You've made the ANSh family proud, Samya – here's to many more milestones ahead!



BRAIN POWER BRILLIANCE!

We are delighted to celebrate Kavya Bhatt from Grade 2 – Bindu, who brought pride to ANSh by securing a Gold Medal in the Brainobrain Abacus Competition!



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Dominating the Court: ANSh Badminton Stars Shine!

The courts of Baroda resonated with cheers as our young shuttlers made Anand Niketan Shilaj proud at the North West Region Badminton Tournament 2025.

- Paavi Maloo – Grade 8 Chirayu: 2nd Place in U-14 Girls Singles – Selected for Nationals
- Heshva Raval & Stuti Vora – Grade 12 Bindu: 2nd Place in U-19 Girls Doubles
- Rishaan Jani – Grade 9 Chirayu: 3rd Place in U-17 Boys Singles – Selected for Nationals
- Reyansh Agarwal – Grade 6 Ekaya: 3rd Place in U-14 Boys Singles – Selected for Nationals
- Prisha Patel & Heer Desai – Grade 10 Chirayu: 2nd Place in U-17 Girls Doubles



With every smash, rally, and strategic play, these rising stars showcased focus, passion, and sportsmanship, proving that determination fuels success. Best wishes to our national qualifiers as they carry the ANSh spirit to the next stage!

CELEBRATING EXCELLENCE IN MENTAL MATH!

We are thrilled to share that Aarya Kanani from Grade 2 – Bindu has brought pride to Anand Niketan Shilaj by winning a Gold Medal in the 168th Regional Abacus Competition!



GOLDEN GLORY AT ISKU WEST ZONE!

Dhrit Gadhiya from Grade 2 Fahmida made Anand Niketan Shilaj proud by winning Gold in Kumite and Silver in Kata at the ISKU West Zone Independence Cup 2025. His dedication and hard work are truly inspiring—congratulations, Dhrit!



ZYKRITI – ZYFEST 2025!

On 1st August, our students showcased creativity, confidence, and collaboration at Zykriti – Zyfest 2025, hosted by Zyodus School, Vejalpur. From humour and innovation to culinary skills, ANShites made their mark, proving that learning thrives when passion meets opportunity.

- Comedy Play – Hasya Natak – 1st Place, Om Bhatt (9 Akshaya), Dhanvi Sharma (9 Akshaya), Freya Doshi (9 Akshaya), Dhwi Shah (6 Durlabh), Bhavya Bajaj (7 Ekaya), Priyanshi Gupta (7 Bindu), and Dishita Prajapati (8 Akshaya) delivered a performance that blended humour with flawless teamwork.
- The Science Beat – Humour Rap – 1st Place, Dhriti Joshi (10 Durlabh) and Samruddhi Soni (10 Bindu) wowed audiences with an innovative science rap, merging fun with learning.
- Lunch Box Rocks – Non-Fire Cooking – 2nd Place Suhan Chawla (10 Durlabh) and Kanishka Chandnani (10 Durlabh) impressed judges with creativity and flavour in the culinary challenge.



These achievements are a proud testament to our students' hard work, talent, and collaborative spirit. Congratulations to all participants and mentors for turning ideas into excellence and bringing glory to ANSh!

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CUBING CHAMPION AT GUJARAT CUBERS LEAGUE 2025!

Ansh Bhatt, a proud learner of Grade 1 Akshaya, showcased exceptional skill and focus at the Gujarat Cubers League 2025, held at BOXPARK, SG Highway, Ahmedabad, on August 24, 2025. He clinched a Gold Medal in the 3x3 Cubics competition and a Bronze Medal in the 3 Cubes Relay event. Congratulations, Ansh, on your remarkable achievement and for making ANSh shine!



DOUBLE GOLD GLORY!



Viyaan Yogin Patel of Grade 2 Durlabh shone brilliantly at the West Zone Independence Karate Cup 2025, held at Anand Niketan Shilaj on 25th August 2025. With exceptional skill and determination, Viyaan clinched Gold Medals in both Kumite and Kata, bringing immense pride to the ANSh family.

STRENGTH AND SKILL ON DISPLAY!

Avyan Patel of Grade 3 Durlabh showcased remarkable talent at the ISKU West Zone Independence Cup 2025, held at Anand Niketan Shilaj on 25th August. With discipline and determination, Avyan clinched a Gold Medal in Kumite and a Bronze Medal in Kata, making the ANSh family proud with his outstanding performance.



A BIG SHOUT OF PRIDE & GRATITUDE!

In a moment that reflects the strength, spirit, and shared vision of our entire community, Anand Niketan Shilaj Campus has been honoured with the prestigious EDEX Award for the Best ICSE School in Ahmedabad 2025!

This recognition is more than an achievement; it is a celebration of our collective journey – of the educators who inspire with passion, the students whose curiosity and determination light every corner of our campus, and the parents who stand by us as true partners in nurturing the leaders of tomorrow.



At Anand Niketan Shilaj, excellence is not just what we aim for – it's who we are. Every day, we strive to empower young minds with knowledge, values, skills, and the courage to build a better world.

This milestone is a reminder that when we dream together, work together, and believe together, there are no limits to what we can achieve. And as we look ahead, we do so with a renewed promise – to keep shaping innovative thinkers, compassionate leaders, and responsible global citizens who will leave their mark on the world.

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STUDENT ACHIEVEMENTS: SPOTLIGHT ON EXCELLENCE

FABULOUS FALCON AWARDS

Celebrating Values, Character, and Kindness in Action

At Anand Niketan Shilaj, the Fabulous Falcon Award is a reminder that true success is not measured by academics alone—it shines through the values we live every day. This recognition is dedicated to students who embody empathy, respect, responsibility, and leadership, leaving a lasting impression on their peers and the school community.

In **July**, our Fabulous Falcons filled us with pride through their positive spirit and thoughtful actions. Whether it was extending a helping hand to a classmate, leading with quiet determination, or spreading joy through simple gestures, they showed that real greatness lies as much in character as in knowledge.

- **Respect for Self:** Khyana Bhadra(1-Durlabh), Yashika Bhadra(2-Bindu), Sara Vaja(3-Ekaya), Shravya Suthar(4-Fahmida), Shrey Rathore(5-Chirayu), Het Joshi(6-Fahmida), Yatri Bhimbha(8-Chirayu), Monish Vaidya(8-DUrlabh), Reva Mamtora(9-Ekaya).
- **Respect for Others:** Pransh Manglani(1-Bindu), Devdutt Patel(2-Fahmida), Darsh Joshi (3-Durlabh), Niharika Patel(4-Chirayu), Yashovardhan Singh(5-Durlabh), Pranshi Fitter (6-Akshaya), Vihaan Patel(7-Bindu), Devansh Udvani(8-Chirayu), Rinee Kapadia(9-Durlabh).
- **Respect for Property:** Pranshi Prajapati(1-Chirayu), Kaveer Vyas(2-Ekaya), Riaan Yajnik (3-Fahmida), Harsh Tekriwal(4-Durlabh), Hriday Patel(5-Akshaya), Vrishti Shah(6-Durlabh), Zakhi Ramani(7-Fahmida), Vihan Murabia(8-Akshaya), Yatharth Shah(9-Bindu).

As we step into **September**, we carry forward this journey of honouring values in action. The Fabulous Falcons of **July** have once again proven that kindness, integrity, and courage can inspire change and create ripples of goodness across our community.

Congratulations to our Fabulous Falcons of July!

Your example continues to light the way, reminding us all that the highest honour is found in being compassionate, courageous, and true.

ANSh Aspirant

Heroes Within, Superheroes Together

At Anand Niketan Shilaj, we believe that success is not defined only by achievements, but by the courage to keep learning, the patience to persevere, and the will to improve a little every day. The ANSh Aspirant Certificate honours students who embody this spirit—those who approach challenges with determination, show curiosity in learning, and inspire others through their resilience.

In July, our Aspirants reminded us that progress is as much about effort as it is about results. Whether it was asking thoughtful questions, staying committed through challenges, or supporting classmates with kindness, these students showed what it means to be true learners at heart.

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ANSh Aspirant(JULY): Anaya Patel(1-Akshaya), Naysa Parikh(1-Bindu), Preyaan Shah(1-Chirayu), Divit Somani(1-Durlabh), Noor kaur Bhatia(1-Ekaya), Jaina Patel(1-Fahmida), Khushi Gidwani(2-Akshaya), Shivaan Jain(2-Bindu), Jiaana Arora(2-Chirayu), Adwika Prajapati(2-Durlabh), Ira Vazirani(2-Ekaya), Tapsi Purohit(2-Fahmida), Parva Joshi(3-Akshaya), Shival Gaadhe(3-Bindu), Reet kaur Saini(3-Chirayu), Harshita Bansal(3-Durlabh), Shrihan Dave(3-Ekaya), Anay Sinha(3-Fahmida), Pihu Majethiya(4-Akshaya), Purnav Ghosh(4-Bindu), Kirtan Akhani(4-Chirayu), Jia Shah(4-Durlabh), Purab Nirmal(4-Ekaya), Janay Shah(4-Fahmida), Vedanshi Patel(5-Akshaya), Ahana Singh(5-Bindu), Kevin Shah(5-Chirayu), Jay Upadhyay(5-Durlabh), Yashi Patel(5-Ekaya), Mysha Surana(5-Fahmida), Pranshi Fitter(6-Akshaya), Rashi Bhagat(6-Bindu), HarpalSingh Bhatnagar(6-Chirayu), Mrudul Unadkat(6-Durlabh), Vansh Ahir(6-Ekaya), Smit Patel(6-Fahmida), Medhansh Saraswat(7-Akshaya), Mantra Radia(7-Bindu), Supan Shah(7-Chirayu), Kenisha Brahmhatt(7-Durlabh), Ansh Thakkar(7-Ekaya), Dipansh Joshi(7-Fahmida), Dishita Prajapati(8-Akshaya), Chelsea Shah(8-Bindu), Vihan Mathur(8-Chirayu), Adhiraj Nair(8-Durlabh), Reine Patni(8-Ekaya),

As we step into **September**, we are delighted to reveal the ANSh Aspirants of **July**. Their journey is a reminder that learning is not a race, but a continuous path of striving, growing, and becoming better each day.

Congratulations to all our ANSh Aspirants of July!

May you continue to shine brighter with every step you take—through humility, hard work, and heart.

SAMARPAN – GIVING IS LIVING

EHSAAS: EMPOWERING HEARTS, ENRICHING LIVES

In July, our students at Anand Niketan Shilaj carried forward the spirit of Ehsaas by sharing books and stationery with students from nearby municipality schools. This simple yet heartfelt act reminded us that when we give, we don't just touch lives—we transform our own with empathy, gratitude, and joy.

As we move into September, the journey of Ehsaas continues. Each thoughtful action, whether big or small, becomes a seed of kindness planted in the hearts of others. Through Samarpan, our students are learning that education is not complete without compassion in action.

Celebrating Compassion: July Ehsaas Award Winners: Ananya Purswani(Nur-Akshaya), Vyan Patel(Nur-Akshaya), Hrida Khandhar(Nur-Akshaya), Hriti Khandhar(Nur-Akshaya), Parashree Gautam(K1-Akshaya), Veda Shah(K2-Akshaya), Hiva Patel(K2-Akshaya), Aashri Sheth (K2-Bindu), Zara Choksii (K2-Bindu), Aarohi Sadrani(1-Fahmida), Vivaan Shah (1-Fahmida), Mysha Motwani(1-Fahmida), Agrima Vakhariya (1-Ekaya), Dhritika Jiwnani (1-Ekaya), Ayaan Patel(2-Ekaya), Ishita Shah (2-Fahmida), Maheem Dani (2-Fahmida), Kabir Patel(3-Bindu), Mahir Shah (3-Bindu), Prisha Patel(4-Ekaya), Freya Shah(4-Ekaya), Prina Simariya (4-Durlabh), Ruhi Patel(4-Durlabh), Prisha Shah (4-Durlabh), Krishiv Gandhi(4-Bindu), Satya Shah(6-Ekaya).

💡 September Focus: Let us keep spreading warmth and care—whether it's through sharing resources, offering time, or simply extending a helping hand. Together, we can nurture a culture where giving is not an act, but a way of life.



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ART ROOM: BRUSHSTROKES OF EMOTION





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ACTION FOR HAPPINESS

SELF CARE SEPTEMBER – SELF-CARE ISN'T SELFISH. IT'S ESSENTIAL.

At Anand Niketan Shilaj, we believe that caring for others begins with caring for ourselves. Self Care September reminds us that nurturing our mind, body, and spirit is not a luxury—it's a necessity. When students, parents, and educators prioritise their own well-being, they bring more energy, patience, and positivity to every relationship and responsibility. This month, let us encourage our students to embrace simple habits of self-care—whether it's

taking mindful breaks, journaling, practising gratitude, spending time in nature, or just allowing themselves moments of rest. Each small step strengthens resilience, builds confidence, and creates space for joy to thrive.



Here is your Self Care **September** Calendar, filled with daily practices designed to help us pause, recharge, and grow with balance.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Self-Care September 2025	1 Find time for self-care. It's not selfish. It's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'	
	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	
	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	
	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	
	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are						
	ACTION FOR HAPPINESS							Happier · Kinder · Together

Why Self-Care Matters in Learning

Research shows that students who practise self-care experience reduced stress, improved focus, and greater emotional well-being. By learning to balance effort with rest, they develop the life skills needed to thrive—not just academically, but personally.

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DID YOU KNOW?

Activities like deep breathing, mindful walking, or keeping a gratitude journal can trigger relaxation responses in the brain, helping us stay calm and centred even during busy times.

CHALLENGE FOR SEPTEMBER

Choose one self-care practice to follow every day this week—big or small—and notice how it makes you feel. Write to us at ansh.newsletter@anandniketan.edu.in to share your self-care moments. Your reflections may inspire others to prioritise their well-being too!

Let's make this September a celebration of balance, mindfulness, and growth. Together, let's remember: self-care isn't selfish—it's the first step toward happiness for all.

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

September Edition – Raising Emotionally Resilient Children

In a world that moves fast and often feels uncertain, one of the greatest gifts we can give our children is the strength of emotional resilience—the ability to bounce back from setbacks, adapt to change, and keep moving forward with confidence. At Anand Niketan Shilaj, we believe resilience is not something children are born with—it's something they learn, practise, and grow into. Every challenge, whether it's a difficult test, a missed opportunity, or a conflict with friends, can become an opportunity to build courage, empathy, and inner strength.

BUILDING EMOTIONAL RESILIENCE: 4 INTENTIONAL HABITS FOR PARENTS

• **Normalise Failure as Part of Growth**

Remind children that mistakes are stepping stones, not roadblocks. Share your own stories of failure and recovery—they learn best when they see resilience in action.

• **Start a Family Book Club**

When children feel upset, instead of saying "Don't cry," try "I can see you're disappointed, and that's okay." Naming emotions helps children process and manage them better.

• **Encourage Problem-Solving**

Guide children to think of solutions instead of solving every problem for them. Asking "What could you try next?" builds independence and self-belief.

• **Model Calm and Optimism**

Children mirror what they see. When you handle stress with calmness and positivity, you teach them that challenges can be faced with hope and strength.

September Reflection for Parents

Resilience doesn't mean children never fall—it means they rise each time, a little stronger. Let's help them build a toolkit of courage, patience, and optimism that will serve them throughout their lives.

SUMMER TIP FOR PARENTS

How do you help your child cope when things don't go their way? Share your tip with us at ansh.newsletter@anandniketan.edu.in, and we may feature it in next month's edition.

This September, let's nurture not just achievers, but resilient hearts—children who know that strength lies not in never stumbling, but in rising every single time.

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

"I shrink smaller every time I take a bath. What am I?"

Answer: Soap

CONGRATULATIONS TO OUR AUGUST RIDDLE STARS

Priyanka Patel – Parent of Khanak Patel (K2 – Ekaya)

Pooja Soni – Parent of Navya Soni (Grade 2 – Durlabh)

Rutu Haard – Parent of Ruhansh Joshi (K2 – Ekaya)

Richa Tripathi – Parent of Adit Patel (Nursery – Akshaya)

Keep puzzling, keep smiling – because every riddle solved is a step closer to sharper thinking and joyful learning!



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PUZZLE OF THE MONTH – SEPTEMBER EDITION

Riddle me this: "The more of me you take, the more you leave behind. 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 – SEPTEMBER EDITION

DISCOVER, BALANCE, AND SHINE!

As the rains fade and September unfolds, let's focus on the joy of balancing our minds, hearts, and habits. This month is about discovering new strengths, caring for ourselves, and learning that fun and wellbeing go hand in hand.

Riddle Me This – Self-Care September Edition!

The more you use me, the sharper I get. What am I?
I disappear the moment you speak my name. What am I?
I am yours, but others use me more. What am I?

(CHECK THE BOTTOM OF THE PAGE FOR ANSWERS!)

✉ Send your answers to ansh.newsletter@anandniketan.edu.in and become our September Riddle Star!

Creative Spark: "Me Time Matters"

Draw, write, or design one small thing you do every day that makes you feel calm and happy. It could be reading, planting, meditating, sketching, or even daydreaming!

✉ Share your entries with us—your work may be featured in the October edition!

DID YOU KNOW – SUMMER FACT!

The word "September" comes from septem, meaning seven in Latin. Long ago, it was the seventh month of the Roman calendar. Just as September once marked a shift in seasons, let's use this month to shift towards better balance and mindful living.

RIDDLES ANSWERS:

1. A pencil, 2. Silence, 3. Your name

abc Word Whirl – September Jumble!

Unscramble these words connected to self-care and wellbeing:

(CHECK THE BOTTOM OF THE PAGE FOR ANSWERS!)

ISER → _ _ _ _
NUFIMDL → _ _ _ _ _ _
EMIT → _ _ _ _
EXALR → _ _ _ _ _
THLAHE → _ _ _ _ _

JOKE OF THE MONTH

Student: "Why did the pencil go on vacation?"

Teacher: Hmm, why?

Student: "Because it needed to draw some balance!"

👉 The 5-Word Self-Care Challenge

Can you sum up self-care in just 5 words?

Here's one to inspire you:

"Rest refuels the brightest minds."

Send yours to us—we'd love to feature your creative self-care mantras!

JUMBLED WORD SOLUTIONS:

1. RISE, 2. MINDFUL, 3. TIME, 4. RELAX, 5. HEALTH



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

ANAND NIKETAN SHILAJ CAMPUS



FACEBOOK



INSTAGRAM



YOUTUBE



WEBSITE



X

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