

NALANDA LEARNING FACILITATION PROGRAMME

REFLECTIONS

2019 - 2020



NURTURING GROWTH

THE NALANDA SONG

***We have a vision for Tomorrow
Just believe (2)
We have a goal for Nalanda
We can achieve (2)**

Chorus:

**You and me, we'll do our part
Stand together, heart to heart
We're going to tell the world
What Nalanda can be
We can achieve (2)**

***There is something down the road
That we can try for
Just believe (2)
We are told no dream's too bold,
That we can strive for
We can achieve (2)**

Chorus:

**There's a spirit in the air,
It's a feeling we all share
We're going to tell the world
What Nalanda can be
We can achieve (2)**

**Count on me, Nalanda
Count on me,
To give my best and more**

(Repeat chorus)

Nalanda Learning Facilitation Programme
Sir Jacob Sassoon High School 2nd floor, 340 Sir J J Road, Byculla, Mumbai- 400008.
Tel No. 23021493/ 97. Mob No: +91-9619793242/ 8356959850.
Email: info@nalandafoundation.edu.in
Website: www.nalandafoundation.edu.in

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FROM THE DIRECTOR'S DESK

The academic year June 19- May 20 was abruptly halted in the middle of March due to the Covid 19 pandemic through out the world! SSC exams were going on, 2nd terminal exams for 6th -9th and NIOS exams were round the corner. Extra classes for 10th were to be held after the open day for 2nd term. Educational institutions with mass gatherings in the classrooms were temporarily closed in an attempt to contain the spread of Covid 19!

Shortly countrywide lockdown was announced and everyone was supposed to stay at home except the essential service providers like the doctors, nurses, health caregivers, police, garbage cleaners and medical, grains, milk, vegetables and fruit suppliers. Covid 19 pandemic rocked societies and economies, the tremors had been felt across industries. This abrupt and universal shock created an unparalleled challenge for all specifically families with school aged children.

We at NLFP had to wind up the academic year and move on with extra classes for the 10th. We were patiently facing blind curves then thought of adapting and creating new ways to stay connected and continue teaching and learning. Remember that school buildings are closed schools are not closed. The teachers and staff members worked harder than ever and started with online teaching and assessments. 2nd term exams were done and extra classes for 10th started on zoom. The world had slowed so we could rediscover ourselves and stay connected.

Meanwhile SSC exams which were left midway were postponed then cancelled. Same with NIOS exams which after rescheduling were finally cancelled. We continued with online teaching in the new academic year from 8th June and completed class tests and 1st units. What we had to postpone was the Investiture ceremony for the new council members for June 20- May 21, release of Reflections 19-20 on the orientation day for parents and of course our grand annual day!

As the recent events have shown us the world is turbulent and uncertain. Disruptions always bring transformation and innovation. Parents, students and teachers were adapting to online learning with access to a computer and internet connectivity. Until March no one knew that India would have to make a dramatic transition towards digital learning! Study materials are shared via videos and ppts, assessment is done by google forms and education is experiencing one of its biggest shifts because education cannot be stopped! Learning from home is therefore a necessity which is redefining the experience of teaching and learning.

FROM THE DIRECTOR'S DESK

SSC and NIOS exam results are expected anytime and we hope all are students are placed in the colleges of their choices. We dont know how or when the Covid pandemic will end. There is an uncertainty when schools and colleges will reopen. There is integration of technology in the present education system.

We miss the buzz, hustle and bustle of students and teachers in the classrooms, staffroom, canteen, ground, corridors, staircases at NLFP . The value of interaction with teachers and peers, the random accidental insights that come from learning together cannot be easily replaced! A blended model that makes use of online tools as well as in person attendance looks likely.

The world looks like a new place now, transformed in ways that would have been unimaginable at the beginning of this year. Everything, how we learn, work, live, shop, eat is a little different. It's the new normal and we have to learn to accept and adapt to it. Let's all evolve to be resilient and emerge out of the current situation strongly with good emotional, physical, mental health.

We all at NLFP believe in our students and that if an invisible virus can shake the world then the invisible supreme power can save the world too! We are not stuck at home we are safe at home!

Thanks to all my friends who have contributed interesting articles and Bhoomi for putting it all together so beautifully!



Ms. Aarti Gandhi

ABOUT NALANDA LEARNING FACILITATION PROGRAMME

The **Nalanda Foundation** has evolved into an effective Facilitation Programme for children with Development and Learning Variations since **1998 in Mumbai**. **Nalanda Learning Facilitation Programme** addresses the specialized educational requirements of children with Learning Disabilities (LD). We provide them with an educational framework (from VI to X std) by addressing their educational, emotional and behavioural needs.

Nearly **10%-15%** of all school going children are affected by **Specific Learning Difficulties (LD)** what is commonly called **Dyslexia**. NLFP enables students who are unable to cope with conventional teaching methodologies in regular main stream schools to continue with their studies, build up self-esteem, reinforce positive behaviour and ultimately return to mainstream education and further opportunities in higher learning.

Nalanda has its own well equipped library, computer laboratory, pantry, art room, A.C. classrooms and canteen facilities.

Every year a batch of 30-40 students appear for **NIOS board and as private students of SSC board** examinations and are successful in joining junior colleges or pursue vocational diplomas.

NLFP also has strong support programmes of remediation, counselling and socio-emotional development, co-curricular activities, events, field trips, talks and workshops make it an enjoyable experience.



Learning can best occur in an environment that is emotionally and physically safe. At Nalanda students are provided instructions in smaller groups by trained special education personnel who give them individual attention. They teach in a way children can learn with adaptations and modifications in the content. It also caters to the child's individual learning style and needs, depending on the type and severity of deficits. Individualized Education Plan is also prepared keeping into view the child's current level of functioning, areas of deficit and areas of strength. It takes into consideration the academic, emotional, social needs and the behaviour needs of the child.

Learning is enhanced through field trips and hands on activities. Opportunities are provided for physical education, learning life-skills and fine arts. Career Counselling by experts is also provided. Alternate assessment procedures are used to help motivate students to succeed and develop self-esteem.



Students who have obtained LD certificate from authorised centres (KEM, SION or NAIR Hospital) are given concessions by the SSC & NIOS boards.

The belief at NLFP is that **“Every child can and will learn well in spite of his/her learning difficulties.”**

EDITORIAL

“In the presence of trouble, some buy crutches, others grow wings”. In times of such difficulties, it would have been an easy way out of all of us to give up and go with the flow of time. But we all went above and beyond our capabilities. We gave our best and achieved what we strived for.

We are enthusiastic to present next edition of our school magazine Reflections 2019-2020. This provides a platform for students to showcase their numerous creative abilities, be it art or creative writing in front of audience. We would also like to take this opportunity to highlight events and activities of the last academic year and academic prowess and achievements of our students. We would like to thank all the dignitaries for sparing their valuable to send their best wishes for the magazine in form of the articles.

Special thanks to Ms. Niyati Sanghavi for making the cover page and her sincere support.

*-Ms. Bhoomi Kothi
M.A. in Industrial
Psychology*



DRIVING FORCE OF NLFP



Nalanda Learning Facilitation Programme 2019-2020



From left to right: 1st Row- Mr. Vijay Utekar, Mr. Nagesh Gaikwad, Mr. Sandip Bavkar, Mr. Parshuram Ghodeswar.

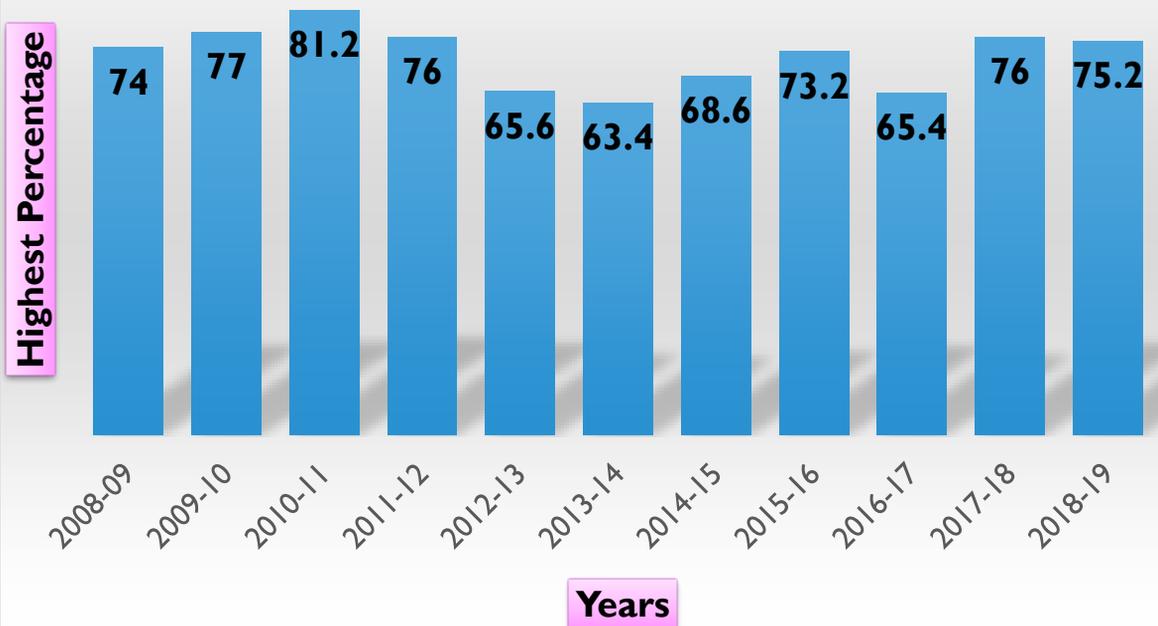
2nd Row- Counselor- Ms. Niyati Sanghvi, Admin Head- Ms. Bhoomi Kothi, Ms. Asma Khan, Mr. Hanif Mansuri, Ms. Bhavini Ashar, Academic Head- Ms. Jyothi Sundar, Ms Shabina Israni.

3rd Row- Mr. Vishal Mane, Ms. Vaishnavi Sashital, Ms. Nadira Namavati, **Director**- Ms. Aarti Gandhi, Ms. Roshan Irani, Ms. Bindu Puri and Mr. Amol Gavaskar.

SSC Results



NIOS Results



COUNCIL MEMBERS 19-20



Nalanda Learning Facilitation Programme
2019-2020



The Student Council Investiture Ceremony for the academic year 2019-20 was held on Friday, 21st Jun '19. Council members marched smartly for the Director to hand over their badges and flag.

Council Members- From left to right 1st row: **Sports Head**- Kevin Donda, **Events Head**- Harsh Gada, Krutant Karmakar, **Sports Head**- Manav Laliwala.

2nd row- **Equus Captain**- Jinay Shah, **Eagles Captain**- Veejit Jain, **Director**- Ms. Aarti Gandhi, **Counselor**- Ms. Niyati Sanghavi, **Dolphins Captain**- Mahi Chandan and **Pumas Captain**- Mihir Chavda.

A TRIP TO NLFP



Yoga day



Magazine Release- 'Reflections' was released by parent Mrs. Kripa Shah (Mother of Dhruvi Shah- ex-student).



Parent's orientation meeting was held to brief about the following academic year.

21st Jun '19 was loaded with the above events at NLFP.

English Elocution



Inter-house English Elocution competition for juniors was held on 5th Jul '19. students were trained by their respective house captains and house teachers.



English Elocution for seniors was held on 12th Jul '19.



Winners of the competition

Juniors:

Mohammed Sakarwala (Dolphins house)

Zikra Qureshi- (Eagles house)

Seniors:

Krutant Kamerkar (Equus house)

Hussain Ghadiali (Pumas house)

Yazad Mogrelia (Dolphins house)

Dhruv Bedsa (Eagles house)

Eye Check-up



Eye check-up for all students and staff was held at NLFP on 25th & 26th Jul '19. Mr. Sumit Nirankari of Neuro-Optometric Rehabilitation Association did the check-up.

CMCA



CMCA Inspiration event was held at St. Therese of Lisieux auditorium on 20th Jul '19.

ANNUAL DAY

NLFP celebrated its 21st Annual Day **'Unlock Your Future'** at SSS auditorium, Shivaji Park, Dadar on 2nd Aug '19.

The chief guest for the event was Mr. Gaurav Pradhan (MD of Credit Suisse and Co-head investment banking, Mumbai). Our guest of honour & judge were Ms. Ambereen Pradhan (Director & Promoter of Energia, Structure of Intellect) and Ms. Shanthipriya Ray (TV artist and Film actress). The other dignitaries present for the event were Mr. Sekhar Devdas (COO of Vistra ITCL India Ltd.), Mr. Alok Bhargava, Ms. Kranti Salvi (Marathoner), Ms. Rekha Sahani (Core team member of IOFC), Ms. Sangeeta Thakkar (Principal of Greenlawns High School) and Ms. Vinodini Lulla (CMCA Trustee).

The programme commenced with lighting of the lamp followed by Nalanda song and felicitation of dignitaries.



Dignitaries



English Play



Social Worker



Technology

The Annual day programme was exquisitely hosted by Mrs. Bhavini Ashar. The school felicitated the rank holders and subject wise toppers of SSC and NIOS exams and all the meritorious students of Class V to Class IX with trophy and certificate.

The concert was hosted by Yazad Mogrelia. The theme of the concert was 'Unlock Your Future' which included various 21st century careers. Centering on the theme, the event started with an English play, the story of a girl named Riya and her struggle to achieve success and recognition for who she is. Riya attends a Career Fair to know about various 21st century careers.



Hospitality

Students of NLFP performed dances on various careers related to Social work, Technology, Hospitality, Performing & Visual Arts, Sports and National Security. Along with the aptitude test result Riya makes an informed decision about her career. In the end Riya gave a live singing performance and proved herself as a good singer (and choose the same as her career choice).



The highlight of the programme was the dance performed by NLFP teachers followed by parents dance.

Performing & Visual Arts



Sports

National Security



Teacher's Dance

The programme ended with the prize distribution ceremony. The National security dance won the prize for the best dance performance. Best Actor award in the play was earned by Miss Sadaf Tharadra. Best Dancer (seniors) was won by Mast. Krutant Karmakar and Best Dancer (juniors) was Mast. Mohd Shaikh. Junior students were also given a Special Appreciation award for their dance.

The programme concluded with vote of thanks and National Anthem. Event was directed by Ms. Bhoomi Kothi & Ms. Simran Dhivar.



Parent's Dance



Host

Sex Education

Talk on sex education was held for boys & girls on 6th Aug '19. Dr.Armaan Pandey and Dr. Neha Shah (Co-founder of Sexuality Matters) took the sessions respectively.



Independence Day

Independence Day celebration was held at NLFP on 13th Aug '19.



Ashadaan visit

Students of std X- A,B visited shelter home 'Ashadaan on 16th Aug '19. Students of std IX.C & X.C visited on 6th Sept '19.

Hindi Elocution



Hindi Elocution for Juniors 'std VI- VIII was held on 20th Aug '19 and seniors was held on 13th Sept '19.

Results- Juniors
Hanzala Memon-
Pumas House
Haley Mehta- Dolphins house

Mohammed Shaikh-
Equus House (Overall best speaker)



Results- Seniors
Harsh Gada- Pumas House
Ali Patel- Equus House
Dhruv Bedsa- Eagles house (Overall best speaker)

Yazad Mogrelia- Dolphins house

Banking



Talk on Banking for std IX. C & X.C was organised on 22nd Aug '19. It helped students understand the concepts of banking in a simple way. Talk was by Ms. Aishwarya Rao, ex-branch manager SVC Co-operative Bank Ltd

Math Fest



Diamond Jubilee High School, Mazgaon had organized “Maths Fest” an exhibition in which mathematical concepts were explained in play way method on 23rd Aug '19. The students of NLFP std VI to VIII participated enthusiastically in the event.

Teacher's Day

Teacher's Day celebration was held on 5th Sept '19. Students enthusiastically organised welcome drinks, games, dance, play, cards for teachers. Followed by lunch at hotel Ambassador (a token of appreciation from NLFP for all loving teachers).



Festival Celebration



Shree Ganesha & Moharrum festivals were celebrated at NLFP on 9th Sept'19. students were explained the moral values and significance of both festivals.

Talk on Nutrition



Talk on nutrition was organised for all students and staff on 11th Sept '19. Ms. Apurva Kumbhakoni, Sports Nutritionist explained the importance of eating a healthy diet and gave tips on how to maintain the same.

Beach Clean-up

CMCA organised beach clean-up 'students of std VIII actively participated and cleaned the beach on 13th Sept '19.



Talk on Study Skills



Talk on study skills for all students and staff was held on 17th Sept '19. Ms. Rachna Avatramani, (Counseling Psychologist) a Founder Partner of Insight Counseling Services LLP (ICS) 'guided students on study skills and exam preparation.

Quiz Time!

Students of std X participated in NIE quiz on 25th Sept '19.



IN-HOUSE ACE CHEF

The In - house Ace Chef competition at NLFP was held on 20th Sept '19. Each team of two students could choose to make a starter, dessert, sandwich or salad. This one hour competition was judged on the basis of creativity in recipe, taste, presentation and team work. The judges were Ms. Zainab Saria Dhoarjiwala and Ms. Sangeeta Shashital.



The winners of the Junior category were:
1st Faizan Khan and Mohd Shaikh
2nd Heer Shah and Zikra Qureshi and
3rd Sadaf Tharada and Haley Mehta.

The winners of the Senior category were:

1st Murtuza kachwala and Husein Hemani
2nd Ojas Kamerkar and Abdul Husain Dhuliawala and
3rd Maitry Shinde and Yazad Mogrelia.
There was one consolation prize announced for creativity and presentation. The winners were Rashi Shah and Tritiksha Bhansali.

Festival Celebration & BMS Awards

Diwali festival celebration & BMS awards were on 18th Oct '19. Students had to make rangoli, decorate diya or make a Diwali greeting card for the competition.



TOUR



Students of std IX & X went for Nainital and Corbett tour from 19th – 22nd Oct '19 accompanied with Staff- Mr. Vishal Mane and Mr. Hanif Mansuri. The tour was organised by Heena Tours & Travels.



PRE-SPORTS



Inter-house table tennis competition for Sr was held on 23rd Aug '19.

Carom inter-house competition for Jr & Sr was on 23rd & 26th Aug '19.



Inter-house swimming competition was held on 23rd Sept '19 at Y.M.C.A.



Karate



Tug-of-war



Cricket



Prize distribution

The above Pre-sports events and others like football, throw ball, kick the ball, lemon & spoon race, book balancing , fun race , potato race, skating, were held on 4th, 5th & 8th Nov '19 at NLFP.

Inter-School Competition



NLFP students participated in inter-school competition organised by Hume High School on 9th and 10th Nov '19.

Children's Day



Children's Day was celebrated at NLFP on 15th Nov '19. Fancy dress competition for Jr., fashion show for Sr., games, snacks, prizes were organized for students.

SPORTS DAY

Annual Sports Meet was held on 14th Nov '19 at Priyadarshini Sports Complex, Napeansea Road. Sports Head Manav Laliwala took the Sports day oath along with all the students.

Students participated in all the races - 100 mtrs, 200 mtrs, 400 mtrs, long jump and 4x100m relay as per their category.

The morning session concluded with races for teachers and support staff.

After the break, the ceremony started with a March Past by the four houses followed by the NLFP formation by staff of NLFP.

The Chief Guest Dr. Mickey Mehta, leading health and wellness coach of India, took the salute and awarded certificates, medals and trophies for student's outstanding performances.



March past

Long Jump

Ojas Kamerkar and Rashi Shah of std X were awarded the trophy for Sports boy and Sports girl of the year respectively. Equus house bagged the award for the Best house in March past completing a hat-trick this year.



Parent's race



Student's race

Best House in Sports for the year 2019-20 was also bagged by Equus house. The ceremony ended with fun races for parents and ex-students.



Ex-student's race



Overall best house and best house in March past- Equus house

Milind Deora Football Tournament



NLFP girls & boys team participated in Milind Deora football tournament on 17th Nov '19. Mr. Hanif Mansuri trained students for the tournament.

Amul Milk Factory Visit



As a part of Milk & Milk products subject ' students of std X visited Amul (Panchmahal) Milk Factory, Taloja on 20th Nov '19.

Fire Drill



Fire drill was held for students and staff at NLFP on 22nd Nov '19. Mr. Gurmeet of Origin Services explained all the safety measures and hazards dealing with fire

NIE Colours Splash



NIE colours splash competition was held for all school students, NLFP students also participated on 28th Nov '19.

Science Exhibition visit



Students and teachers visited science exhibition at VMSLD School on 29th Nov '19.



Students of Public health office from Bhanuben Nanavati College conducted a campaign at NLFP on 4th Dec '19.

Picnic



Picnic for std VI- X was taken to Laura Resort on 6th Dec '19.



INTER-SCHOOL ACE CHEF

The 7th inter-school Ace-chef competition was held on 12th Dec '19 at YMCA International House, Agripada.

Mr. Sameer Malkani, President **FBAI** presided over the judging team and Mr. Mickey Mehta was the chief Guest. Judges for the junior teams were Ms Smita Deo, Ms Rajishri Gupta, Ms Vidita Kamat Ms Saloni Malkani and Chef Amitesh Viridi. Judges for the senior team were Ms Pia Promina Dasgupta, Chef Varun Inamdar, Chef Anees Khan.

The prizes and gifts were co-sponsored by Jindal Cocoa and Tree of Life.

This one hour competition was judged on the basis of creativity in recipe, taste, presentation and teamwork.

73 teams from 23 schools across Mumbai and Navi Mumbai participated in this annual event hosted by **NLFP**.





The winners of the **senior category** were:

1st position- Laasya Hundy and Jayati Hinge of **Avlon Heights International School, Vashi,**

2nd position- Kriva Shah and Ananya Chaurasia of **The Alexandra girls English Institution, Fort** and

3rd position- Mohammed Lashkerwala and Ibrahim Madraswala of **MSB Educational Institute.**

The winners of the **junior category** were:

1st position- Mahi Patel and Mishti Shah of **Gopi Birla Memorial School,**

2nd position- Hansika Ahuja and Chinmayi Patil of **I. E. S Orion, Dadar** and

3rd position- Vedant Mayekar and Divit Jain of **The Scholar High School, Colaba.**

A **consolation prize** was announced for creativity and presentation to Saachi Ved and Hancika Chamudia of **The Alexandra Girls English Institution.**



Snacks and refreshments were served to all participants, teachers, parents and all other dignitaries and guests. This competition brought forth their culinary skills, many innovative recipes, and their willingness to work as a team.



Jr- Consolation Prize



Sr- 1st Prize

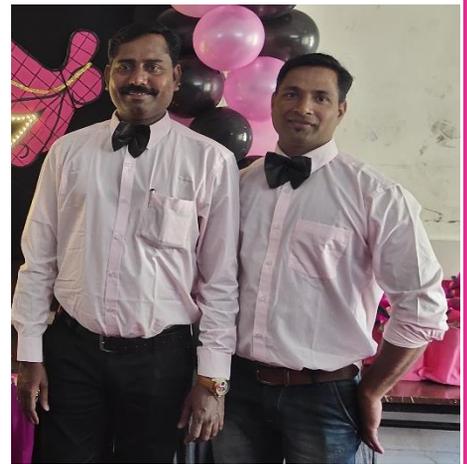


Sr- 2nd Prize

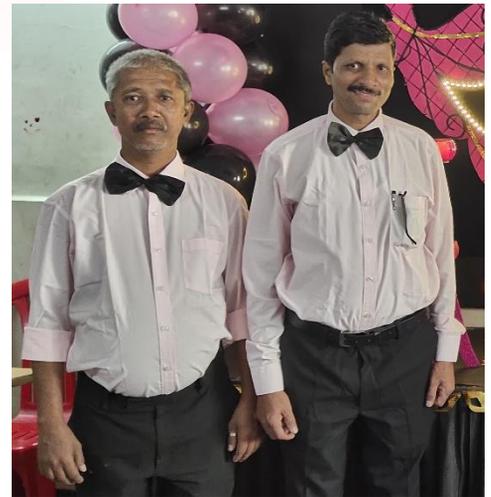


Sr- 3rd Prize

Thank you Sub-staff



Through CMCA children expressed love and gratitude towards the most hardworking sub staff of NLFP on 18th Dec '19.



Merry Christmas

Christmas festival celebration was held for all students at NLFP on 20th Dec '19. The significance of the festival was explained in a fun and play method.



Inter-school Sports Meet

Interschool Sports day meet was organised by ChildReach at St. Stanislaus School on 19th Dec '19. NLFP and many special schools participated in the competition.



March Past



Races



Aptitude Testing



Aptitude test was conducted for std X students on 3rd, 6th & 10th Jan '20 by Ms. Bhoomi Kothi & Ms. Niyati Sanghavi. It was followed by career counseling for students and parents. Testing helped students to make informed decision about their career.

Nehru Science Center

Students of std VI-IX visited Nehru Science center as a part of educational visit on 7th Jan '20.



Walkathon

NLFP participated in Walkathon held by Diamond Jubilee High School on 12th Jan '20.



Vision Therapy



Vision therapy for students at NLFP by Mr. Sumit Nirankari of Neuro-Optometric Rehabilitation Association .

Newsmakers meet

Students participated in NIE Quiz competition and Newsmakers meet on 23rd Jan '20.



Happy Republic Day

REPUBLIC IS TRUTH AND TOLERANCE

Republic day celebration at NLFP was held on 23rd Jan '20.



Intach painting competition

Students participated in Intach painting competition on 30th Jan '20.



Career Talk



Career talk by Ms. Munira Sitabkhan (freelancer) for students and parents of std X – 5th Feb '20. She helped students with their career decision making process.



Open day for std VI- X was held on 5th Feb '20.

Intach Film It



NLFP students won 1st prize for Best film with a message (Aamchi Chowpatty) for INTACH Film It competition held at Bhau Daji Lad museum on 11th Feb '20.

FAREWELL

The students of standard IX hosted an entertaining farewell party for the students of std X under the guidance of teachers on 7th Feb '20. Theme for the farewell was **Masquerade Party**.

Mood for the evening was set by students of Std IX with a medley of songs and dances set to the masquerade theme. This was followed by a hilarious play in Hindi which enlivened the atmosphere. The Std IX students had arranged a game of Housie and Dumb Charades. In the latter game, they acted out mannerisms of their Seniors and the groups had to guess the name of the student. There were lots of prizes up for grabs. The last performance of the day was put up by the students of Std X, The Ramp Walk.





Ms Rashi Shah and Mr Kaivanna Mehta were awarded the title Ms. Nalanda and Mr. Nalanda respectively.



NLFP will
miss you

The programme concluded with scrumptious snacks and exciting souvenirs. The students left with fond memories, gratitude and nostalgia of their happy days at Nalanda.

Souvenirs

Career Counselling

Aptitude test reports were given and career counselling was held for std X students & parents by Ms. Bhoomi Kothi & Ms. Niyati Sanghavi on 21st & 25th Feb '20.



Science Exhibition

Students of std IX participated in science exhibition competition organised by IIG (Indian Institute of Geomagnetism) at Panvel on 24th Feb '20.



Educational Visit



Educational visit to Elephanta Caves was organized for std VI-IX on 28th Feb '20.

DIRECTOR'S VISITS



Director and 174 school principals from Mumbai attended the 5th Eldrock India K-12 Summit on 28th Aug '19.

Director attended MDA workshop on 'Understanding Psycho-educational reports' on 22nd Jun '19.



Mam and few teachers attended Symposium on Teen & adolescence mental health at Nehru Science Centre by Dr. Matcheswala on 21st Sept '19.

Director & Ms. Vaishnavi Sashital attended a talk on Parental counselling by Child Reach on 28th Sept '19.



Mam attended Symposium on Education held by Fazlani L'Academie Globale on 15th Nov '19.



Mam visited TABIS to attend a panel discussion on 'Be the Change'- prioritizing mental health in education (on 22nd Nov '19).





Director attended principal's seminar organised by NIE on 26th Nov '19.



Director and Ms. Nadira attended MDA Conclave on 8th Feb '20.



Mam and Ms. Niyati Sanghavi attended a Career Paathshaala for career counsellors held by SNTD & Disha counselling Center on 7th Mar '20.

TEACHER'S VISITS

Teachers attended the 7th Annual Drishti Symposium on 'Managing Diversity in the Classroom' on 3rd Aug '19.



NIE organised Teacher's Meet at Carnival IMAX Cinemas for a movie 'Mission Mangal' on 28th Aug '19.



Director and teachers attended a seminar on 'School Mental Health' held by NAIR on 3rd Oct '19.



Two of the most hardworking teachers of NLFP 'Ms. Vaishnavi Sashital and Ms. Jyothi Sundar were rewarded Teacher's Day Awards held by I.I.H.M on 5th Oct '19.



Ms. Niyati, Ms. Bhoomi and Ms. Asma attended workshop on 'Teaching Math the Multisensory way' held by MDA at Dadar on 12th & 13th Oct '19.



Ms. Nadira & Ms. Shabina attended ETST, Initiative of Change at Asia Plateau, Panchgani from 31st Oct- 4th Nov '19.



Ms. Niyati attended teaching Math the multisensory way held by MDA on 27th & 28th Dec '19.



STUDENT'S ARTWORK





-Husain
Dhuliawala
Std- X.A

STUDENT'S ARTICLES

Khushnam's Diary

You know Tiya yesterday was most remarkable day of my life. Our Mumbai city that never sleeps had no lights for 20 hours. My father who cannot live (you know literary live) without his mobile and laptop was very angry as it was Saturday and had to work from home. My mother favourite movie of Big B (hiiii) could not be seen as there was no electricity and our holiday was spoiled. It was very hot then my grandma taught me how to make a fan of newspaper it was really interesting, getting bored we played antakshari, passing the parcel and many other games.

This brought us all together we were laughing, talking and playing.

God please take away the electricity one day per month as this will save energy and will bind us all together.



THINK. ACT. SAVE.

WE ALL HAVE THE POWER!

-Khushnam
Munshi
Std- X.A



MY FAVOURITE SPORT - CYCLING.

Everyone has a favourite sport and my favourite sport is Cycling. So today I will speak about it.

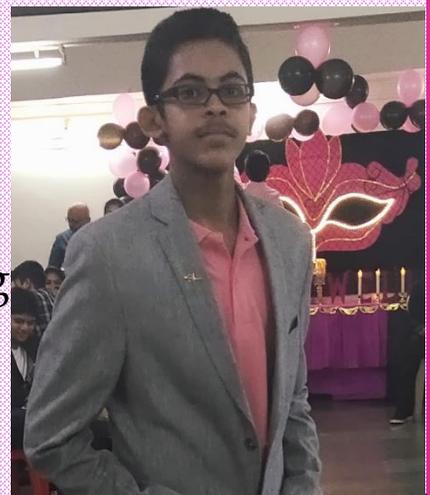
Since childhood I love to bicycle. It is also the best way to keep our body in shape, enjoy the out doors, and have fun while doing it. Its healthy and environment friendly.

Unfortunately, many people think bicycles are for kids and often overlook the positive physical, psychological, health benefits of cycling. Cycling can also help to protect you from serious diseases such as stroke, heart attack, depression, diabetes, obesity, arthritis and some cancers.

If you ride bicycle for thirty minutes everyday, you would burn eleven pounds of fats in a year, build lean muscles and boost your metabolism. The immediate physical results of cycling will boost your self-esteem and you'll start wondering why you didn't start pedalling earlier in your life.

It gives us the opportunity to know the history and geography of the places we pass through while cycling. Cycling is the cheapest, and pollution free mode of transport. It has no parking problem also. The usefulness of the cycle is admitted on all hands, it is a poor man's car. As we ride a cycle, we can enjoy fresh air. Outdoor life gives us many advantages.

New scenes meet our eyes, our mind is free from all tensions. In some advance European cities like Amsterdam, London etc. people go to work on cycle and avoid using their cars. By explaining to you so many benefits of cycling I hope that we all start cycling and have healthy and happy life.



-Husain S. Dhuliawala
Std- X. A

My Sports Day

On 14th November 2019, was my sports day, at P.D.P. garden. It started at 9am with an Oath ceremony, followed by the racing events.

The list of the events were

1: 200mtrs

2: 100mtrs

3: 400mtrs relay

4: long jump

For all this events I secured the 1st Place.

Our Chief guest was Mr. MICKEY MEHTA, He arrived on the ground at 1pm. At Priyadarshani Park. He was welcomed with a welcome speech. The event of Marchpast, Parents race, Teachers race and Ex. Students race continued. After all the events were over it was time for Medal Ceremony.

During the Medal ceremony there was only my name coming up for all the events which I was Excited for receiving so many Medals.

My Parents were very Happy listening my name. When I was receiving the medals they were out of speech.

I was very Happy when I received the Championship Trophy in Juniors category. It was an unbelievable moment for me and my Parents.

This could only be possible with the support and Trust of my Teachers, Principal and My Parents.

-Mohammed Sakarwala
Std- VII

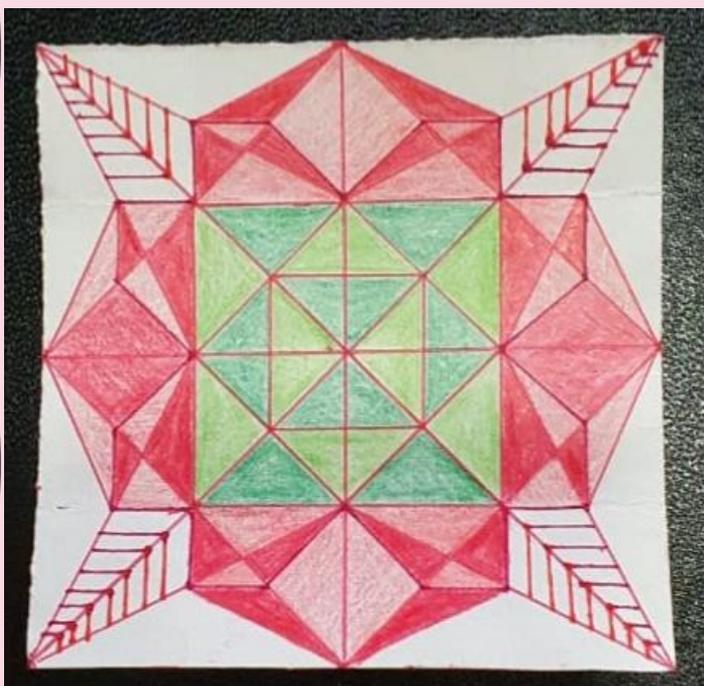


TEACHER'S ARTICLES

MANDALA ART



The mandala is a centering space for the self and the soul; an art therapy tool for making order out of disorder. Mandalas are incredibly versatile and can personify any number of meanings for the viewer. Sometimes words are not enough to express what we know deep within our core being. Mandala art can give us that access and expand our self-awareness. Mandala art holds a story - our story - about our mental, emotional and spiritual state of wellbeing. If we draw a mandala mindfully we can experience a relaxed and connected sense of being and feel that everything in life is connected in some way.



-Ms. Niyati Sanghavi
Counsellor



IMPORTANCE OF CHOOSING A RIGHT CAREER OPTION

An individual spends an average of 4,200 days which equates to 11 years 6 months, at work. Going by this data one can understand the importance of choosing a right Career Option. Most of us think selecting a right career option is a difficult task. It is not true. If one makes an informed choice at early stage of life it will be a smooth sailing later on. Choosing a career path early can give you a jump-start on a bright future. But how do you make an informed choice?

Many of us depend on our parents, siblings, family and friends while deciding on which career to choose. Students often decide on joining the family business or a career option which their siblings or friends have chosen. There is nothing wrong in choosing the same career path. However, that does not mean that the career that worked best for them, will also work for you. The economy has changed, business has changed and options available have increased. Choosing a career should be a personal choice, one that plays to your strengths and to your interests. Other mistake that students make is choosing the first job that they get rather than the role being offered. It is important to consider what job/ role you are being offered and whether or not the culture of the firm fits in with your personal values. The last mistake they make is choosing a job based on compensation. This one is probably the toughest pitfall to avoid. The key is to remember that if the role that you are choosing, does not interest you, or does not play to your strengths, you will likely not do well in it. That will lead to getting branded as a non-performer, very early in your career. That is not a tag that you want or one that you can get out of, very easily.

The question that arise is “How can we help students identify the right career path?”

Deciding a career boils down to assessing 3 primary requirements i.e. Understanding oneself; Determining financial feasibility and Gauging future prospects. One needs to know where their interest lies, what are their strengths and weaknesses, what is their personality like and what are their personal values when it comes to personal as well as professional life. It plays a big part in determining which careers will provide them with the most personal satisfaction. Sometimes financial difficulty becomes a huge obstacle between you and your dream career.

For most of the student's tuition and college fees are very expensive and they may struggle to afford their fees. Many students can explicitly or implicitly anticipate the financial situation of their parents and choose a discipline which is more modest and less expensive than their own aspirations. It is important to collect information about some of the scholarships offered or financial aid option available if one is facing financial constraints. Keeping your future goal in mind makes it easier while deciding on a career path. Study of the current trends and future prospects of a career option provides much needed clarity to the students as well as parents. Students and parents also need to keep a backup or an alternate career option in mind. It helps in dealing with anxiety and unsurety about the future.

Finally, a word of caution. It is not enough to just choose the right career. Making the right career work for you, takes effort. A lot of us believe that once we land the dream job, we can take it easy. Making a true success of your career takes continuous learning. Career is not just an event that happens once in a lifetime but a continuous process.

**-Ms. Niyati Sanghavi
Counsellor**

EX-STUDENT'S ARTICLE

Dear Readers,

I hope you and your family are safe and healthy. I am Anurag Patwardhan. I passed out from Nalanda in 2016. I am currently pursuing my bachelor's degree in Sports Management from the International Institute of Sports Management.

It's been more than one year since, I passed in my coaching license exam.

Post that, I have been working as a coach at Soccer Schools of Excellence, a football academy. I coach players from the age group of U-3 to U-16.

I take U-3 classes at the St Stanislaus ground at Bandra. Not to get stumped by innocence and smiles of my students, U-3 sessions have been the biggest challenge for me. But the happiness and sense of accomplishment that I get after coaching the U-3 age group or for that matter any age group, is definitely a hundred times more.

Having to switch between various age groups on the day to day basis, makes my work even more challenging. When teaching my players, I have personally noticed following a certain set algorithm doesn't work. And will most certainly never work.

You might plan your sessions to the final details. But, last minute changes do happen and you have to be very flexible and open with them. By saying flexible, I mean, you should even be able to abandon them altogether and come up with something new on the spot. In other words, think on your toes. The biggest trick to accomplishing that, is to always think from the perspective of the players. If you are coaching a 5 year old player, make sure you are thinking like a 5 year boy/girl.

Another major challenge I faced was, coaching students who were just 2-3 years younger than I am. Dear readers, if you are either a parent or a teacher, this one word would definitely increase your anxiety levels, even while asleep. I bet the word 'TEENS' has immediately popped in your head. You must be thinking teenagers don't listen to their elders, will they at all listen to another teenager, right? My first 2-3 weeks were difficult to say the least. Even remembering those initial weeks makes me want to apologize, to all my teachers and parents immediately for the hell, I must've put them through or are putting them through as I am still a teen.

Lighter side apart, this group of players, have had the biggest influence in my infant career as a football coach. Surely, they've been difficult to handle, but when I've had trouble, they've been more than cooperative. They are the ones who have helped me the most to develop both personally and professionally.

Believe me when I say, dear readers, being a coach has shaped and changed my life completely. I have become more responsible, more perseverant, more mature, more patient amongst many other things. I have also started appreciating more what people do for me.

Before, I put my pen down, I would love to thank everyone at Nalanda, Aarti Ma'am, teachers, staff members, classmates. If as a coach or as a person, I am able to help someone as little as even 1% of what Nalanda helped me, I'll consider myself to be a very good coach and a good person.



-Anurag Patwardhan,
2016 Batch.

ARTICLES BY PROFESSIONALS

Importance of Resilience

I wanted to speak about importance of resilience. Resilience and coping skills facilitate an individual ability to handle stressful situations

Coronavirus is being a spoilsport of 2020 so far for everyone – be it children, adult, or elderly. It has taken the world by surprise and don't know how long will it continue like this. When we faced inevitable adversity like this in life, to achieve our intended goals and finding the happiness, a person's coping and resilience plays a very important role.

The ability to thrive despite these challenges arises from the skills of resilience. The good news is that, Parents can teach resilience skills to their children.

Building resilience — the ability to adapt well to adversity or even significant sources of stress — we can help our children manage stress and feelings of anxiety and uncertainty.

Resilience should be developed from early age , and we should proactively help our children develop it as well. Following are tips to building resilience.

- **By becoming a helping hand** : encourage your child to help others because children who may feel helpless can be empowered by helping others. Parents should encourage child in age-appropriate volunteering work.
- **Have a daily routine** : daily routine help's children to complete their task and is comforting for them, especially younger children who like structure in their lives. Encourage your child to develop his or her own way of daily routine.

- **Unstructured time** : build in unstructured time during the day to allow children to be creative and inquisitive. Make sure that your child does not have a hectic schedule of his or her life with no "down time" to relax.
- **Every child should be taught self-care** : Teach your child the importance of eating on time and eating properly, exercise and rest. Caring for oneself by having fun will help your child stay balanced and better deal with stressful times.
- **Try and maintain a hopeful outlook** : Even when your child is facing difficult situation, help him look at the situation in a broader context and keep a long-term perspective. Although children may be too young to consider a long-term look on his own, help him or her see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook enables children to see the good things in life and keep going even in the hardest times.
- **Acceptance - change is part of life** : Change often can be very scary for children and teens. Help your child see that change is part of life and set new goals can be replaced with goals that have become unattainable. In school, point out how students have changed as they moved up in grade levels and discuss how that change has had an impact on the students.

**-Ms. Ambereen Pradhan
Promoter / Director
Energia Wellbeing Pvt. Ltd.**



Message

I have been a part of all the learning and teaching endeavors of Nalanda Foundation over the years and have been an ardent fan of their hard work and perseverance in their work with children having learning disabilities and other special children. Their patience in dealing with these children and their parents is exemplary and is an example that others must emulate.

I wish them all the best always.

-Dr. Avinash De Sousa
Consultant Psychiatrist
Founder Trustee – Desousa Foundation, Mumbai



COVID-19..Who ever thought what seemed like a local Chinese flu would take the whole world by storm and bring most, if not all, countries to their knees. This virus has attacked people across all barriers- race, country, religion, geographic boundaries, economic status..no one has remain unscathed to its relentless yet silent ferocity.

However, it is in unprecedented times like these that unparalleled stories of hope, inspiration and fortitude come through and open our eyes to the basic premises of humanity.

Gratitude, appreciation, flexibility, sacrifice are only some of the lessons that we can hope to imbibe and inculcate. Let's hope and pray that this time has taught us much valuable lessons and given us time for thought to become better humans from tomorrow.

-Ms. Pooja Mehta
Greenlawns School
Counsellor



Nutritionist Talk

Being a Nutritionist, I could easily Work from Home and have been counselling all my clients through Online consultation- trying to help all my client's to be fit and healthy during this pandemic so I thought to share few tips on the topic to everyone else "How to stay healthy at home during the coronavirus lockdown?"

Cooped up and feeling sluggish, bored, even a bit miserable? Despite being confined to the indoors during the coronavirus outbreak, there are still lots of things you can do to protect your health and wellbeing.

In the unsettling times like the coronavirus outbreak, it might feel like things are very much out of your control. Most routines have been thrown into disarray and the future, as far as the experts tell us, is far from certain.

But there are still lots of things you can do — aside from social distancing and washing your hands with soap — to protect your health and wellbeing.

In fact it's the best time to take care of your health, reach your fitness, weight loss goal as you don't have any more excuses and no outside temptation.

Following are ways to do so-

Eating well

Without a vaccine, none of us can entirely eliminate our risk of contracting coronavirus. And experts say that's still 18 to 24 months away.

But eating as healthily as possible is important not only for our physical health, but our psychological well-being, too.

A healthy diet has been shown to reduce our risk of chronic illnesses such as cardiovascular disease, diabetes and obesity, as well as depression and anxiety.

You don't have to follow a particular diet, just avoid processed foods as they tend to be high in sugar. Complex carbohydrates, found in fruit, vegetables and whole grains, provide important nourishment for our brains as they slowly release energy, which also stabilizes our moods.

Eat anti-viral foods: These foods can give a boost to your immune system. Following are some foods that you can include in your daily diet for giving a boost to your immunity:

- Garlic
- Star anise
- Ginger
- Honey
- Coconut oil

- Foods rich in resveratrol: Black grapes, raw cacao, pistachios, black raisins, strawberries
- Foods rich in Vitamin C: Amla, oranges, lemon, bell peppers
- Have a soup made with sweet potato, garlic, spring onion, parsley and rosemary.
- Tulsi and oregano are anti-viral spices.

Eating Plan for the Lockdown period-

On rising, have some nuts like almonds, pistas or 1-2 walnuts with my Immunity booster decoction made of mint, Tulsi leaves, cinnamon powder, ginger and eliachi with haldi.

For breakfast- you can have cooked meal like poha, oats, ragi dosa.

After your breakfast- you can have a fruit like orange/ guava best or dry fruits like date or figs rich in iron, energy boosted too

For lunch, have the good old rajma chawal. Legumes like rajma are rich in protein.

Or even like dalia or rice dal with veggie khichdi with mint buttermilk.

Hastle free cooking recipes when you doing for larger family too.

For snack you can have fruits, nuts, popcorn, makhana.

Have early dinner. This is actually the time when you can make the effort of having dinners early. And eat lighter meal as the activity is lesser.

Stay well-hydrated throughout the day- You can always have green tea, infuse water to make your water interesting.

Sound Sleep- 'we have time and we should make most of it for our own relaxation'

Sleep is essential for our bodies to repair cells, clear toxins, consolidate our memories and process information. There's good evidence that sleep deprivation can have major impacts on our health — negatively affecting our psychological wellbeing concentration and even our emotional intelligence.

It can also increase our risk of developing chronic health conditions, like diabetes, obesity and heart disease.

Just like our schedules for eating, working and exercising, it's important to sustain a regular sleep routine. For most people, between six to nine hours a night is sufficient. Going to bed and waking up at a similar time each day can help maintain a sense of normality, and help you follow through with plans.

Exercising enough

Exercise releases chemicals in the body that make us feel good, and it's also been linked to better sleep, reduced stress and anxiety, and improved memory and cognition.

You can begin your day with squats and lunges at home. Skipping rope, jumping jacks, push-ups, pull-ups, planks, side planks etc are other exercises that you can do. Involve your kids to same so its also family fun time.

Additionally, our household activities help us losing some few pounds to target to do 6000-8000 steps per day to make yourself active.

And if your Working from home then break your sessions of activities -

You can even break that up into 20-30 minute sections — 20 minutes in the morning, 20 in the afternoon, and 20 in the evening.

Many fitness instructors — yoga and Pilates, personal trainers, dance teachers — are offering their classes online during the outbreak, some of them for free. All you need is a mat or towel on the floor and a reliable internet connection.

Social connection

Now more than ever, we need our friends. Evidence shows that social connectedness is as important for our health as diet, movement and sleep.

No, you can't have a dinner party or a picnic in lockdown — in person! But not all social interactions have to be face-to-face to be meaningful. Try recreating them through video calls — you could organize a virtual dinner via apps like Zoom, Houseparty or good old Google Hangouts, or take a friend on a virtual walk or do a housebound activity together, like craft or drawing.

Think of it as being distantly social.

Calming activities

While it might seem like the world is only talking about one topic right now, enforced social isolation could also provide the perfect opportunity for many people to take a break from the news cycle.

What do you usually not have time for? Gardening, cooking, pickling, puzzles, craft, sewing, learning to meditate, building furniture, reading that pile of books on your bedside?

During this coronavirus outbreak and lockdown period we may save ourself from the virus But if we don't eat right and be healthy post this lockdown we may suffer health issues so be strong mentally as well as physically.

And if you need a Nutrition counsellor you can get in touch with me, I am consulting all my clients online so that they can be fitter even during this lockdown period.

Be Happy Be healthy Always

**-Ms. Dipti Patole Mayenkar
Nutrition Counselor (M. Sc.
In Nutrition)
Diabetic Educator &
Naturopath**



Hold Space

Hold space means willingness to walk alongside another person in whatever journey, without judging them, without making them feel inadequate or trying to fix them. When we hold space for other people, we open our hearts, offer unconditional support and let go off judgment and control.

Academic failures and social rejection due to any kind of disabilities or mental disorders drifts a child away from main stream society and becomes targets for unemployment, homelessness or other symptoms of social dysfunction. So acceptance and motivation without judgments is the key to success in future for our children.

Working as a Counselling Psychologist past 12 years with students from kindergarten to class tenth, I have agreed that mental health and well-being of our children requires our attention. Today we can help young people live more productive and fulfilling lives through programs that include life skills education, mental health education, school based health interventions, and when indicated, professional treatment.

Mental health and learning go hand in hand. Mental health education should be taught as a part of general health and in addition can be coupled with life skill education.

All young children today face significant stresses in their life, therefore schools and families are the strongest social institutions in a child's life. Thus schools with the full support of families and community are currently working towards developing a comprehensive mental health programme for children.

**-Ms. Kavita Jhaveri
(Counseling Psychologist)**



Dear young folks,

Hope you have been coping with this Pandemic Situation with all your limits. These times of uncertainty have given us the experience of days which we never even imagined before. It's not easy for everyone to cope up with these daily challenges. If you have been sailing through with great spirits, then I'm very impressed! It hasn't been easy for me either..

The sudden changes in our lifestyle have offered us many challenges. We are at school virtually, but do you think only learning academics mean schooling? Where is the stimulus the class environment gave us in real life? Absence of exercise and playing outdoor games in open space playgrounds is the worst thing to happen to the growing generation. It has been four months and we are uncertain of when we will be back to normal.

While there are numerous negative experiences we are facing day to day. There is a possibility of mental stress and sometimes breakdown, too. I'm going to share some tips to feel positive and stay calm during such situations.

1. Show Self compassion:

Write the state of your thoughts honestly in a diary. Observe how you feel your thoughts.. The emotions, and the feelings if you can name it, love, hate, pride, jealousy, anger, frustration

positive or negative they can affect your mental well being.

Exposing the uncertainty of the pandemic situation, and to know that, we have no control-triggers the brain with anxious thoughts. The best option is to embrace, tolerate, and hold, that sense of uncertainty.

2. Stay Socially connected: though we are all connected with our loved ones virtually. We should also participate in community activities to get that sense of connectedness. There are various creative ways you can get some activities done from your own places and yet as a group activity. Via webinars.

3. Find Unique opportunities:

Switch brain modes- helper mode, leader mode, organizer mode, fight or flight.. what can we do to others? What can we do for our neighbors, friends or community?

4. Do some tangible activities:

Such activities involve your senses. Doing Yoga or any kind of exercise, breathing exercises are very helpful to connect your body and mind. It also helps you to sleep well at night. Cultivate a hobby; create art, music, and games.

5. Control media exposure:

Over exposure to media can be harmful. It can induce anxiety. Dealing with anxiety- we need to do some calming down, and limit media intake. For this you can go outside for a walk, engage in mindfulness. Notice the outside things in details.

Notice the peaceful moments..This really calms down.

A simple meditation works wonders to calm down the brain- try meditation for at least 5 minutes:

guided or focused, or self guided. It works as we try to find the root cause of the emotions by way of reflection. Hence we can find the origin of the feelings within us, and we start pausing, reflecting and confronting the response by our thought pattern. Usually, we tend to blame others for anything going wrong or negative.

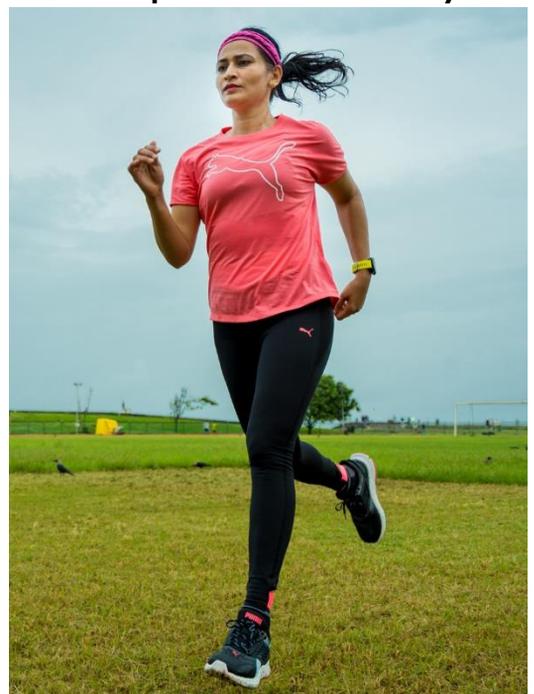
It's not so, it's we, we have to go within ourselves and reflect.

There is always a solution or a way out for any conflict or trauma. Share it with family, friends and a support system. If that doesn't work, seek professional help from counselors. It's always nice to ask for help, start learning, and growing from within.

A healthy mind lives in a healthy body. So keep active and stay healthy.

My message to NLFP-

It was an honor to be present at the annual Day program of the School last year. I was awestruck to witness the performances of the students. Congratulations to Arati mam and each member of The Nalanda Foundation for bringing out the best in the every child participant at the annual Day event. Keep it up!



**-Ms. Kranti Salvi
(International Marathoner)**

Parental Role in times of Virtual Learning

The statement that “Change is the only constant” stands true in today’s times. With Virtual Learning being the new normal, changes in teaching methodology, adoption of new tools and technologies brings with it new challenges. Therefore, it is important to keep a check on one’s mental health.

In the current scenario children need lots of motivation and assurance from their family members.

Family is the backbone of every individual and through this pandemic we have learnt that our near and dear one’s support is of paramount importance. As it is said that we cannot pour from an EMPTY CUP, taking care of one’s own mental health should be the topmost priority. Mindfulness and learning improves focus and learning, helping students learn to calm their minds and bodies through the use of appropriate mindful awareness activities can make a real difference. Initially children may find it difficult to connect on a virtual platform and will need constant backing in balancing and adjusting to the sudden increase in screen time. Parents should pro-actively engage themselves to nurture their child’s mental health by spending time, communicating and acknowledging their verbal as well as nonverbal actions.

Virtual platform is also a great learning platform to assimilate knowledge through different techniques. Virtual studies if balanced via synchronous and asynchronous assignments, along with physical movements and timely breaks will ameliorate learning. Parents must initiate mindful practices such as meditation, yoga and breathing exercises to enhance attention and reduce stress in their children.

**-Ms. Leena Mehta
Special Educator**



Mental Health, COVID 19 and parenting child relationship

These have been unprecedented times, which have impacted each and everyone and no doubt it has an impact on our mental health as well. Especially children when they are unable to go out, play, explore and learn new things, Of course they can learn from home, however there are limitations and a constant anxiety and fear of going out and interacting with other humans. So how do parents enhance their relationship during these times?

Firstly, I would recommend communicating with your child about your schedule and understand their schedule for the week. This will help you reduce the misunderstanding and arguments.

Secondly, Share responsibilities and do shared activities at home example, cooking together, cleaning together, being creative together, studying together etc.

Lastly, respect the space and boundary that you and your child creates for each other. It is important for children to have their space as well.

Sometimes, parents would displace their emotions and frustrations due to the current situation of their children which can make your relationship bitter, therefore, you can surely share your challenges and feelings with your children and also ask them to share how they are feeling. Working in collaboration to cope with the current situation will help you have a healthy bond with your child.

**-Ms. Rachana Awatramani
Counseling Psychologist**



Pandemic 2020..Pressing the refresh button

The pandemic which is a global health crisis has many perspectives and depends on which hat you choose to wear. If you have not used this extended lockdown time to introspect and analyze your life and the world around you, you are “Vimoodha”, not just a fool, but a colossal one.

I call it a colossal compassion crisis. The reason being that we humans have endlessly and ruthlessly exploited natural environmental resources, animals and each other to the point where our actions have boomeranged on us, it's also the law of nature or call it Karma theory, as you sow so shall you reap. We have brought upon ourselves our own misfortunes. Now Nature has pushed us back from all spheres of life where we were engaged with, work entertainment, education and more, so that Nature and animals can get a breather and reclaim their lost, encroached upon spaces.

I also feel that the Pandemic has brought upon The Bliss of Solitude. This global holiday is when the planet is healing and so are we. Social distancing is important so we can be in our own mind space and go deeper.

This is the time we have realised the importance of household chores and domestic help, family time, cooking, eating together and playing board games. Also revisiting the great epic serials like Mahabharat. In this undistracted time we can grow and develop many aspects of our lives that earlier we felt we couldn't do due to lack of time.

Also there are plenty of learning seminars, webinars available on zoom and instagram where one can sharpen their skills of cooking, baking, painting, gardening nature, health and nutrition to name a few. This is the time to experiment with life and your ideas, many new ventures and adventures await those who are interested to learn and are not lazy.

During Pandemic

Another great boon of the pandemic is that water and air quality has improved tremendously.

It's a great time to start running, cycling and bird, animal watching. I have spotted peacocks, snakes, mongoose, owl and snails on my solitary walks.

Those who feel bored or depressed are being self centered and lazy. If you can get involved in sharpening your skills, learning new things, helping out at home and in social projects you will feel so useful, joyful, energised and high in self esteem that there will be no time to despair, gossip or feel low, bored.

We have formed such addictive habits of food, tv, chatting, social media that we always feel that others have glamorous and interesting lives, we don't focus on our own needs and lives.

There is a whole world of wonderful things waiting to be learnt and discovered. I have started to do pranayam which I always wanted to do and it is a great practice that I look forward to each morning with some classical ragas or Buddhist chants. I have become regular with my walks. I have learnt and practice chakra balancing which is an alternate form of therapy. I have also enjoyed experimenting with many new food items like Tepache and baos in the kitchen. I have also started my own small food enterprise, I make vegan food and it's available to pre order.

The money you earn you can donate to social causes which you are passionate about. For me life has pressed a refresh button and the pandemic is a lesson to slow down, restart, reflect and mostly a lesson in kindness. Let us wake up with this clarion call of the pandemic and make our lives worthy.

**-Ms. Rajni Agarwal
Counsellor**



Mental Health

Hello friends,

When talking about our mental health the first thing that we need to understand is that our mental health has a vast impact on our physical body. Both are interdependent. Therefore we need to be mentally and physically happy.

A sneak peak on mental health :

1. I can not expect from anyone but myself.
2. I can't control anyone but myself.
3. I need to be realistic and set realistic goals.
4. Planning ahead the earlier day can save me from being haphazardly passing my day .
5. Sleeping well , Eating right and exercising will surely help.
6. I need to disconnect from negative people in my life.
7. I need to break the monotony in my daily routine and try new approach.
8. At the end of each day , I need to reflect on it so as to improvise the next day.
9. Engaging in my hobby will help me to rejuvenate myself which is very important for my self confidence.
10. Talking to someone really helps therefore It's ok to take professional help ... It's OK to talk.

Love and Light,

-Ms. Tejal Karia
Psychologist
Career Guidance Coach
Art based Practitioner
Sound Therapist



Going Back to a New School

No more pencils no more books/ No more teacher's dirty looks/
Out for summer/ Out till fall/ We might not come back at all/
School's out forever.../ School's out with fever".

Since the middle of March, millions of students have been out of school, because of the COVID-19 lockdown. Today, even after three months of announcements and extensions, it is difficult to predict when schools will restart. Schooling is supposed to look after the emotional, social and behavioural health of children, which is completely opposite to social distancing.

Presently, teachers are trying to engage with online teaching and learning. The technology may vary across schools and states but as educators, we have to look at the implications of these new learning processes for our learners.

Going forward, in the new post-pandemic environment, what will be required is a huge shift in mind set – both social and emotional. A new approach is needed to teach in this altered online paradigm.

However, wherever students have been involved with online learning, their responses have been very good – this has strengthened the resolve of teachers across the country, and has inspired them to work harder.

But the role of the teacher has not been fully understood during this crisis. Teachers are as important as health workers because they are looking after the mental, emotional and social health of children at home. Although it is too early to judge how the learning trajectory (curve) will be affected by online teaching, it is very clear that future transformations will ensure that classroom transactions are complemented with novel technological tools.

The new challenge is, how to keep children out of school if their parents are allowed to return to their work spaces – even if in a staggered manner. And, whenever this happens, who assumes responsibility for a child's safety and learning at home?

Within this new school/learning paradigm, it will have to be seen how best to engage the children not only in education but in socialising with their peers, creating safe zones to play, and support families which are working.

We need to ensure that teachers come back to work so that hands-on training can happen – since many of them may not be technologically adept. For many teachers, their entire world has changed: From traditional teaching tools to juggling with gadgets and software, they are relying only on their personal understanding.

If school opens in August or even later, a post-pandemic school plan is essential and has to be prepared. With a staggered opening, the government and school leaders will have to think of novel methods by which children can be assimilated back into the school setting. And this has to be looked at bearing in mind the normal school calendar. Perhaps the new education policy needs to be revisited quickly and recalibrated.

Some practical things that can be done are: Cleaning and sanitizing the classrooms and areas where children converge regularly; increasing the medical staff and counsellors in schools; planning a new school calendar where any event with large gatherings of students/parents is avoided.

There can be cancellation of excursions and inter-school events, reworking of school timings and putting in place student attendance on a rota basis. Few School walls could have colourful, pictorial depictions and slogans that sensitise students on basic cleanliness and hygiene such as washing hands, and social distancing. We need to ensure the building of a strong parent-school partnership, if social distancing has to be understood and implemented; conduct periodic workshops by psychologists, medical practitioners and counsellors to help sensitise the students, enabling them to understand the situation.

When students return to school, they will be the least prepared for any form of traditional testing – all such testing measures should be put on hold at all levels and there should be more emphasis on instruction and emotional development.

As far as senior students are concerned, we have already lost 2020 and this situation may stretch to 2021, as far as regular school learning is concerned. Hence, it is imperative that when dealing with senior students, we should help them understand the importance of resilience and mental strength in order to face climatic change, disease, natural and man-made disasters and even rapid technological changes.

The pandemic has truly reiterated the value of the 21st century skills: Decision making, problem solving, ability to innovate and, most importantly, adaptability.

These are extraordinary times, and we need extraordinary measures. The states and boards will have to, perhaps, look beyond traditional board examinations not only for the current year, but also for 2021. There is no doubt that returning to school after this pandemic will truly be a novel learning exercise at all levels.



**-Ms. Rupa Dalal
Special Educator**

NOTE OF APPRECIATION FOR OUR ONLINE COVID WARRIORS

Zoom cloud meetings, Google Classroom, Microsoft Teams. Who could have ever imagined that these would be the new tools of school education?

COVID-19 has revealed that anything is possible and that nothing can come in the way of teaching and learning. Students and teachers globally are familiarizing themselves with these new methodologies. While students supposedly are more tech savvy, I can undeniably say that all the teachers have taken this challenge and have come out with flying colours.

In a regular school academic year, parents appreciate their children's teachers. We know that teachers love the children and strive to make them better humans everyday. But this year is different. We celebrate September 5th as Teacher's Day every year. However, this year it should be celebrated throughout the year or at least during the entire pandemic period.

Most of the parents must be home since the last 4 months or more, with the family and with the children, attempting to home school the children. They keenly observe the online classes and some maybe even wonder how the teachers cope with such situations at their ends. Some even record the lessons taught and criticize the ability of the teacher to handle technology or some even find faults with their pronunciation!

Sometimes, the children mute the teachers or play pranks leading to the teachers getting fatigued.

But, people should be aware that the teachers are trained to teach in classrooms and no B.Ed college equips them to carry on online teaching and that too with limited facilities!

PRINCIPAL'S MESSAGE

The teachers in my school have strived hard to master different online teaching platforms like Zoom, Google Meet and Microsoft Teams. They have worked tirelessly during the entire month of May gearing themselves for the new challenges which they would have to face once the online teaching learning would resume. Some of them had to invest in computers or laptops and subscribe to unlimited data plans.

From coping with basics like internet connectivity, undependable power supply, the pranks of the children, the scrutiny of parents, to the responsibility of their own families and homes, educators have come under tremendous stress.

As private school teachers keep their heads above water, they also wonder if all their troubles are worth and mean anything for the children and parents. Will they be appreciated or will they be taken for granted?

Providing e-education is no-child's play and efforts made by a teacher giving online classes are certainly praiseworthy.

The Covid-19 lockdown will surely end someday. However, their anxieties and ordeals will remind India's school teachers of their own coronavirus battles for a long time to come.

I would like to applaud the efforts of all our teachers and salute these unsung superheroes.

I thank Mrs Aarti Gandhi for giving me this opportunity to put some of my thoughts on paper. I wish everyone at Nalanda, a safe and healthy life.

-Ms. Sangeeta Thacker
Principal.
Greenlawns High School
Warden Road



Mind Wellness

Why can't I hang out with my friends?? Why can't I go to play downstairs??
Why shall I wear the mask??

These are questions which may have occurred to each and everyone of you and you may have felt very angry, irritable and sad. Sometimes, you may have felt a lack of understanding and emotional space at home and may have also felt frustrated over wearing the mask If yes!! Then, welcome aboard...you are not alone.

Although, we are facing difficulties yet we are moving forward, we are sometimes frustrated but we are showing flexibility, we are angry yet we soon bounce back to life. What is that which makes us special and unique?? What is that which gives us strength to live a more meaningful life despite obstacles???

It is our belief in ourselves that "It's difficult but I can face it", a belief that "This time will be gone too" and a belief that, "It's a temporary phase". The pandemic is far from over, we hear about vaccinations and medications but what can you do as a child to cope with this pandemic?

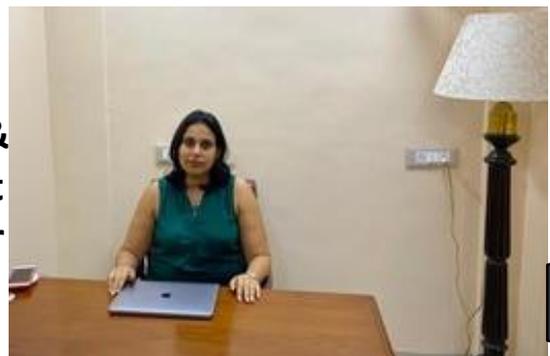
Here are some ideas..

Use your screen time to connect with your friends and relatives. Have google meets and just banter and talk. Sit or exercise in you balcony or window and let the sun fall on you. Do things you like, paint, colour, do crafts or just doodle away. Try to have a fairly fixed time to sleep, wake and eat. Help mom in housework, help dad sort papers or just play a board game with your sibling, spend time with all. Share your worries with your parents, teachers or counsellor.

Learn a new activity, could be as simple as learning to make popcorn. Write your joys and the troubles of the day in your diary, you will learn to cope better. Do Square breathing to calm your body.

Remember to LIVE. L- Learn new skills, I- Invest your time into family, V- Verbalize your concerns to an adult, E- Ease up your body with square breathing. Wishing you joy and cheerfulness.

**-Ms. Sophia Peermohideen
Clinical Psychologist &
Behavioural Therapist
Mind Wellness Center**



BUILDING CONNECTIONS: THE ART OF EMPATHY

Adolescence is a time to build connections that often last for life. When someone you know tells you they're overwhelmed or stressed, do you respond with empathy? Or do you react?

Also, do you realize the difference?

The question is - how can you love someone, anyone; be their friend, or even work with them if you aren't going to be able to connect with them, and improve your interpersonal relationship?

Empathy is human beings' way of understanding others. It is the talent that helps people get along with each other better - an emotional connection tool.

Sympathy vs. Empathy

Sympathy at its core, is pity. It creates a power differential. Empathy builds a bridge and then the other person can walk across it, and connect meaningfully with you. Sympathy breaks communication bridges and fixates on one thing – the person's misery. Nobody likes that. We all want to be cared for and we do want to care too. We just often don't know how to.

Strike The Balance

We have to work on balancing the thought and emotion component of people's troubles. So, we care for ourselves, stay strong, help others, and don't lose ourselves in the bargain.

Empathy of course just doesn't happen. We work towards it. Here are some tips that will help.

- Be open minded
- Be true to yourself
- Create a connection
- Open ears, and doors
- Allow people to speak
- Don't be quick to judge
- Don't pretend, truly listen
- Respect other's viewpoints
- Allow frank communication
- Ask questions, so you learn more
- Make it about them, not about you



-Dr. Shefali Batra

Senior Psychiatrist and Mindfulness Expert.

Hello, Young Warriors!

Yes, that's what you are. Fighting out this 'invisible' enemy called corona. I am sure you are going through your own battles, coping with the changing circumstances. If you are confused, it is absolutely fine and expected because everyone else is! Could you have ever imagined such a situation? Nope. Nobody could, not even the wisest elder people. Some say that this is Mother Nature's way of punishing us humans for what wrong we have been/are doing to planet Earth. Some say this is a part of biological war going on. Some say that a vaccine will soon be created. Some say all this will end soon. Some say it will go on. Some say this and some say that. So many possibilities and so few answers. The real answer will come with time, as it does with everything else

In the meantime, what should we be doing? How should we be taking care of ourselves and our near and dear ones? No, I am not talking about sanitizers, hand wash, masks etc. That in any case is a given. So, here are some tips from me to you:

- Accept what is happening. You cannot wish it away. Accept that there are serious changes happening in the world and that we have to adjust to a new normal in life
- Stay focused. Make a daily discipline for yourself. A schedule. Wake up time, study time, play time, exercise time, household chores time, leisure time, praying time, sleeping time. Make yourself very busy so there is no time to even think. Try to stick to your schedule
- 3 B's. Brush Book Bed. Night time. Sleep well. Do not see your cell phone or a computer screen at least for half hour before sleeping
- Stay hydrated. Drink plenty of water

- Be fearless. The fear is more dangerous than the virus itself! As long as you are taking the necessary precautions, there is nothing to fear. If you feel low, confused, depressed, lonely, talk to your parents or someone senior in your family/relative whom you feel close to and share your feelings
- Spend more time with your family. It is what you do with this time that is important.
- Be creative; let your creative juices flow. Do things that give you joy but within limits
- Learn new skills. Learn cooking- it is great fun. Enrol for online courses of your choice- be it Astrology to Zumba
- Pray to the God of your religion. Ask for freedom for us all from this virus. Be grateful that you and your family are safe. Ask for blessings and courage for the families who have lost their loved ones. Ask for strength, courage and patience to win this battle. Smile even in challenging times.

Take care and lots of love



**-Mr. Sunil Bahl (formerly
Director Nalanda Founda**

EDUCATION IN INDIA

The future of Education in India is Bright or Uncertain?

The way in which the reformation in education sector is being carried out, the scenario of the country's education is changing very fast.

When I say Future is Bright I mean we have applied the principles of Normalisation that regards a child as a child first and foremost and the ability, disability and giftedness as secondary.

By Uncertain I mean the authorities face challenges in improving the quality of education in terms of effective Teacher Methodology, the inadequate school's infrastructure, High Student -Teacher ratio and the Evaluation System.

The system must have a humanistic approach to educate, nourish, raise and create a compassionate society as is said, "Man becomes Man only through Education, he is what Education makes Him."



-Ms. Rukhshana Sholapurwala
President CHILDReach

Feeling lonely due to not talking to your school friends? 5 ways for you to keep yourself engaged and spirit – lifted!

I am absolutely bored! What do I now? Why can't I just go down to play...

Childhood is meant to be spent with friends. Friends at school, in the building or the colony, friends comprise the universe of every child. Suddenly, there is a virus and now you are not allowed to meet your friends. This is stifling, confusing and scary!

But there are many things that you can do to stay positive and enthusiastic.

1. Learn life skills - With house help not coming in, you can contribute by doing household chores.

2. Connect with their friends, cousins and grandparents via video calls - whether it is via Zoom or simple WhatsApp call, set aside some time every 3-4 days to talk to them.

3. Set aside an hour for family time - Play board games, create puzzles together, try making a card house, listen to music, play cards or go through family albums together.

4. Start a home garden. Set up a camp site - This can be done even in a small balcony. All you need are some seeds, love and sunshine! Bring out the umbrellas and make a tent.

5. Online classes - From Harvard to the art teacher down the lane, everyone is conducting fun sessions online.

And finally take 5 minutes out every day to express gratitude. For each time you say you are bored, there is a child out there who is saying I am hungry. We need to be grateful for the roof over our head and the meal on our table.

Happiness is an inside job.

Quoting from the movie, Life is Beautiful- “Don't you know it takes so little to make me happy!

A chocolate ice cream is enough!

Maybe two!”

Eat that extra scoop of ice cream and get your parents to eat some too!



-Ms. Surabhi Goel
CEO, Schools, Aditya Birla Education Trust

The bumpy ride to my google classroom

The peals of melodious laughter, the comfort of acceptance, shy eyes seeking out their favourite teacher....

Children most certainly miss the familiar routine of coming to school where their minds roam freely and happily along the corridors seeking out classmates.... their partners in crime....

Online learning is not a captivating solution for many students with ADD and learning disabilities, who struggle to grasp new concepts, stimulate attention, and finish work without teachers and specialists physically available. Much patience and perspective are needed to keep the children focused AND happy in lockdown.

Most of these children attend schools where well-trained teachers use a range of visual, auditory, and experiential learning strategies to keep students engaged. They know how to modify curricula to match a student's pace. When things were "normal," children had access to speech, occupational, and physical therapists to strengthen skills in decoding, language processing,

The lack of personal connection impacts social learning, too. But, it's not all downhill. There have been some positive remote learning experiences. For one, children become time-management masters and experts at following schedules. In many ways, they teach themselves. They have figured out new ways to digest and remember the material that make sense for them, such as drawing graphics and crafting acronyms. For kids who struggle with reading fluency and comprehension, these are important skills to hone.

To conclude remote schooling is forcing children to grow up a bit, too. We see hints of blossoming independence and a lot more resilience than before and of course the ability to tackle each day with confidence and determination.

**-Ms. Tasneem Kamani
Clinical Psychologist &
Special Educator**



Coping with Anxiety during a Global Pandemic: *Manage yours and your child's anxiety.*

The Global COVID 19 Pandemic has not just caused physical and financial health crisis but has created a serious mental health catastrophe. Making your child feel comfortable in the present situation requires you to deal with your anxiety and show resilience.

1. Inculcate a structure in your living:

You can structure their time with some home chores, school work, fun activities, hobbies, creative exercises, reading assignments, and free play. Ensure they have some kind of physical activity involved in the routine.

2. Model Positive Behaviour:

Children learn most of their behaviours through modelling significant adults especially their parents. If you display too much worry, crying, and sadness then kids too learn to behave in the same manner when encountered with a stressful situation.

3. Keep your thoughts positive:

It all starts with our thinking. Avoid negative news that creates uncertainty.

4. Teach your child the power of Gratitude:

Gratitude fills your heart with positivity and creates calmness in your mind.

5. Stick to the Basic Four: -Exercise-Meditation- Healthy Eating-Good sleep:

Exercise is an antidote to stress.

In the words of Gretchen Rubin “Act the way that you want to feel”.

**-Ms. Umme Salma M Babrawala
(Psychologist |Career Counsellor|
Goal Success Coach)**



SSC BOARD DETAILS

The Nalanda Foundation facilitates the SSC with LD concessions for students with an LD certificate to appear for their SSC exams as private students.

Q1. What is the eligibility for appearing 10th std. Board Exams under SSC with LD concessions?

Following are the criteria. The child should fulfill *all* of them:

- Should be at least 14 years of age on or before 30th June.
- Compulsory V std. pass
- LD Certificate from a government recognized centre like NAIR, SION or KEM Hospitals
- If joining in Std X School Leaving Certificate to be dated on or before 30th June.

Q2. What are the subjects available under the SSC-LD?

- Compulsory Subjects:* English and Social Studies.
- Concessional Subjects:* Articles of Waste, Drawing and Painting, VII Math(Arithmetic), Milk and Milk Products and Home Science and Physiology Health and Hygiene.
- Optional Subjects:* Science and Technology, Maths I(Algebra) -Maths II(Geometry)
- Graded Subjects:* Art Appreciation and Self-Development, Defence Studies, Book-Binding and Physical and Health Education.
- The students also have to submit *journals and graded books* by end of November so they can be sent to the centre for signatures.

Q3. What is required for the registration?

The following documents are required for the registration:

- School Leaving Certificate (original and Xerox) which proves the child is V std. pass
- LD Certificate (original and Xerox)
- A Xerox copy of Aadhar Card.
- 5 recent passport size photographs.
- A medical form needs to be filled and signed by the hospital issuing the LD certificate
- Rs. 2000/- to be paid for the registration and examination fee

A 10 day workshop is conducted by the centre during the month of October/November the attendance for which is compulsory. We conduct one preliminary examination in school in the month of January, so as to prepare them for their board exams.

We are very pleased to tell that our seven years of journey with SSC exams has been very fruitful and our students have done well. They have passed and gone to some of the prestigious colleges of Mumbai. We hope to continue this trend with the goodwill and cooperation of the parents and students.

NOTE :- The above can change as per SSC board rules and regulations.

NIOS BOARD DETAILS

No.	NIOS secondary (X)Details (As per the prospectus- 2019-2020)			
1.	Subjects offered at NLFP	1) English (compulsory), code-202 2) Data Entry Operation, code -229 (Theory and Practicals) 3) Home Science, code- 214(Theory and Practicals) 4) Economics, code -215 5) Business Studies, code -216 6) Painting, code - 225(Theory and Practicals) Students can opt any 6 subjects, Best 5 is considered for passing by the board.		
Online Admission- Registration is valid for 5 years.				
2	Registration	Block –I for April exams		Block –II for October exams
a)	Age limit	14 years completed as on 31st July		14 years completed as on 31st January
b)	Registration dates	16th March - 31st July 1st August - 15th August 16th August - 31st August 1st September-15th September	without late fee with late fee of Rs. 200/- with late fee of Rs. 400/- with late fee of Rs. 700/-	16th Sep.2018 - 31st January 1st February - 15th February 16th February - 28th February 1st March - 15th March
c)	Minimum edn. qualification	Certificate of class VIII passed Or Self certificate (Admission form)		
d)	Documents required	Scanned copy/soft copy (jpg, jpeg files) of the given below documents which will be required to be uploaded while registering for the Admission to Secondary 1. Recent Passport size color Photograph. 2. Signature (preferably in Black Ink). 3. Valid identity proof (like Aadhaar Card or Passport or Ration card or etc.) 4. Valid proof of Date of Birth (like Aadhaar Card with date of birth printed on it in the dd/mm/yyyy format, Birth Certificate etc.) 5. A valid proof of Residence (like Aadhaar Card with complete address printed on it, valid Passport etc.) 6. Address proof i.e. Aadhaar Card/Water Bill/Electricity Bill/Voter ID/Ration Card 7. Class 8th marksheet (in case of secondary course) 8. Social category/Caste certificate (in case the learner belongs to SC/ST/OBC social category). Ex-serviceman certificate (in case he/she is an Ex-serviceman) 9. Disability certificate (in case he/she is having any kind of disability) 10. Fail Mark sheet of previous Board. 11. Passport/Statement of Operational Bank Account/Appointment Letter from the Employer on Printed Letter Head, if living in rented accommodation - copy of any proof of permanent address along with present Rented Agreement.		
e)	*Fee structure and mode of payment:	(The fee to be deposited Online through Credit Card /Debit Card/Net Banking only)		
f)	Books	After registration- in the month of Oct- Nov. from the board.	After registration- in the month of June- July from the board.	
Filling up of Examination form				
3)	Exam forms	Block –I for April exams		Block –II for October exams
a)	Filling exam form -dates	21st November to 20th December (Without late fee) 21st December to 31st December (With late fee of Rs. 100/- per subject) 1st January to 10th January (With consolidated late fee of Rs. 1500/-)		21st May to 20th June (Without late fee) 21st June to 30th June (With late fee of Rs.100/- per subject) 1st July to 10th July (With consolidated late fee of Rs. 1500/-)
b)	Exam Fee	Examination fees per subject = Rs.250 per subject Examination fees for subject with practical's = Rs.370 per subject Examination fees per subject (after last date)= additional Rs.100 Consolidated late fee = Rs.1500		
c)	Mode of payment	The fee to be deposited Online through Credit Card /Debit Card/Net Banking only		
d)	T-M-A Submission	TMA to be submitted on or before 31st January, to AI center Will be marked on the report out of 20		TMA to be submitted on or before 31stJuly, to AI center Will be marked on the report out of 20
e)	Concessions: For LD and Slow learners	Extra time – 20 mins per hour and writer/reader		
f)	NIOS website	www.nios.ac.in		
g)	Results	6 to 7 weeks after the last paper is over.		

MEDIA

CMCA Inspiration event



Ace Chef



Ashadaan Visit