



AMANORA  
SCHOOL



# SCHOOL Connect

January 2025  
Grades I to V

## From the Director's Desk

### The Power of Positive Transformation

*"Change is the end result of all true learning."*

– Leo Buscaglia

Life is a continuous journey of growth, evolution, and transformation. Change, though often challenging, serves as a catalyst for personal development and societal progress. Every experience, whether joyful or difficult, offers valuable lessons that shape our perspectives and aspirations.

One of the most powerful tools for self-improvement is reflection. By looking back on our experiences, we can extract wisdom, identify patterns, and gain a deeper understanding of our strengths and values. Without reflection, experiences may pass unnoticed, missing the opportunity for growth.

Developing positive habits such as reading can open new doors of knowledge, broaden perspectives, and enhance critical thinking skills. Similarly, incorporating mindfulness practices can be transformative, fostering focus, resilience, and inner peace.

Beyond individual growth, the impact of positive change extends to the larger community. Individuals who overcome adversity often become advocates for social change, using their experiences to inspire and support others. Personal growth fosters a culture of adaptability and lifelong learning, influencing families, schools, workplaces, and society at large.

At Amanora School, we encourage students to embrace positive changes through reflective learning, creative competitions, and awareness programs. Every challenge faced is an opportunity for growth, and every experience is a stepping stone toward a better future.

In essence, life experiences are not just events; they are powerful opportunities to evolve, inspire, and leave a lasting impact on the world. Let us all strive to be agents of positive transformations, contributing to a more compassionate and progressive society..

- Ms. Meera Nair,  
Director-Principal



## Editorial Team

Ms. Neha Khan (Coordinator - Grade I & II)

Ms. Pallavi Shukla (Coordinator - Grades III to V)

Ms. Deepali Jain (Teacher Lead - Grade V)

## Quote of the month

“

**"Change is hard at first,  
messy in the middle, and  
gorgeous at the end."**

**Robin Sharma**

”

This quote beautifully captures the essence of positive transformation. It acknowledges the initial struggle, the chaos that comes with growth, and the ultimate reward of becoming a better version of oneself.

Transformation requires perseverance, but the results are always worth it.

# Article from Teacher Lead



## True Transformation Begins with a Positive Shift in Mindset

Positive transformation is a continuous journey of personal growth, where individuals strive to enhance their thoughts, attitudes, and behaviors to become better versions of themselves. This process involves self-discovery, self-improvement, and self-actualization, leading to a more fulfilling and meaningful life.

One of the key aspects of positive transformation is increased self-awareness. Through practices like mindfulness and self-reflection, individuals gain a deeper understanding of their strengths, weaknesses, values, and beliefs. This heightened awareness enables more informed decision-making and alignment of actions with one's true self.

At Amanora School, we believe the process of self-improvement helps students build self-confidence, become more self-aware, and form stronger relationships among peers. It also fosters resilience and a sense of purpose, enabling students to reach their full potential.

To encourage positive transformation, we create a supportive and inclusive learning environment. We promote student participation, celebrate achievements, and practice mindfulness and gratitude among others. Through a holistic approach to education that combines academic excellence, character development, and community service, we empower our students to grow into confident, compassionate, and responsible individuals, ready to make a positive impact in the world.

**- Ms. Shweta Patodia,  
Teacher Lead – Grade III**

# Activities @ School

## Assemblies (Grades I-IV)



### New Year, New Goals, New Beginnings!

The students of Grade III 'I' presented an inspiring and engaging assembly on New Year's Resolutions, encouraging everyone to embrace fresh starts and set meaningful goals.

The highlight of the assembly was a lively skit that humorously depicted the challenges of sticking to resolutions. The students showcased how their teacher guided them with practical strategies—breaking goals into smaller steps, staying motivated, and supporting one another. Their performance was both entertaining and educational, reinforcing the value of perseverance and determination.

Adding to the excitement, the students delivered a spirited performance of the song "It's a New Day and a New Year," filling the atmosphere with enthusiasm and positivity. The assembly concluded with an inspiring message from the class teacher, emphasizing how resolutions help shape our future and foster personal growth and self-improvement.

### Math Assembly: A Creative Journey with Numbers

Mathematics is more than just numbers—it's creativity, problem-solving, and real-life connections! The students of Grade I & II brought math to life through an engaging and vibrant Mathematic Assembly, featuring delightful skits, rhymes, and energetic dance performances. Through storytelling, humor, and creative performances, the little learners showcased their Mathematical skills in addition, subtraction, and multiplication. They demonstrated how mathematics surrounds us—in nature, games, and daily life! From counting objects to solving real-world problems, they highlighted how numbers play an essential role in everything we do. The assembly was a perfect blend of fun and learning, leaving everyone inspired by the magic of math. The students' enthusiasm and creativity made the subject





# Activities @ School



enjoyable, proving that math is not just about numbers—it's about thinking, exploring, and discovering new ways to solve problems!

## Celebrating India Tourism Day & National Tourism Day

*"To travel is to live" – Hans Christian Andersen.*

Students of Grade IV & V came together to celebrate India Tourism Day and National Tourism Day with engaging and thought-provoking assemblies that highlighted the rich cultural heritage, historical landmarks, and natural wonders of India. The Grade IV students took the audience on a captivating journey across India's diverse landscapes through a creative skit, showcasing iconic cities, historic palaces, and geographical marvels—from the Himalayan peaks to coastal beaches. They also emphasized responsible tourism, urging everyone to respect local traditions and preserve India's natural beauty. Grade V students, keeping in mind the theme "Explore India, Discover Yourself," presented an inspiring assembly. They highlighted the importance of tourism in India's economy and the role of hospitality in welcoming visitors. A scintillating skit performance reinforced the significance of being responsible citizens while promoting Indian culture. The assembly concluded with a pledge to protect and celebrate India's diversity.

## National Road Safety Week

Students of Grade IV conducted an engaging and informative assembly on National Road Safety Week, observed from 11th to 17th January in India.

They shared essential safety tips for walking, cycling, and traveling in cars, emphasizing the importance of using zebra crossings, wearing helmets while cycling, and always buckling up in cars. Through lively examples and interactive



# Activities @ School



discussions, students demonstrated how these simple precautions can help prevent accidents and ensure safety for all. The assembly served as a crucial reminder that road safety is a daily responsibility, and by following these rules, we can create a safer environment for everyone.

## Celebrating National Girl Child Day

The students of Grade V presented an inspiring and thought-provoking assembly to celebrate National Girl Child Day.

The assembly featured a powerful skit addressing gender bias in Indian society and advocating for equal rights and opportunities for girls. The students beautifully portrayed iconic women such as Sudha Murthy, Indra Nooyi, PV Sindhu, and Kiran Bedi, showcasing their remarkable contributions and inspiring journeys.

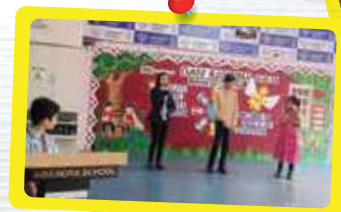
The assembly concluded with a mesmerizing dance performance by the Grade V 'A' girls to the soulful Hindi song "O Ri Chiraiyya, Nanhi Si Chidiya...", leaving the audience spellbound. To add depth to the occasion, the class teacher shared the inspiring story of Sindhutai Sapkal, the "Mother of Orphans," exemplifying resilience and selfless service.

This heartfelt celebration of empowerment and equality left a lasting impact, reminding everyone of the importance of uplifting and supporting girls in society.

## Celebrating Patriotism and Responsibility Republic Day

The students of Grade III 'B' organized a meaningful and engaging assembly to celebrate Republic Day with enthusiasm and patriotism.

The assembly featured a compelling skit that highlighted the significance and historical importance of Republic Day.



# Activities @ School



Through their heartfelt performance, the students not only educated the audience but also deepened their appreciation for this national celebration. Enhancing the patriotic spirit, the students delivered a vibrant and energetic dance performance to the song "Desh Rangila," filling the atmosphere with fervor and joy. The assembly concluded with insightful remarks from the class teacher, emphasizing the importance of Republic Day and reminding students of their responsibilities as citizens in contributing to the nation's progress.

## Honoring Our Heroes: A Tribute on Armed Forces Flag Day

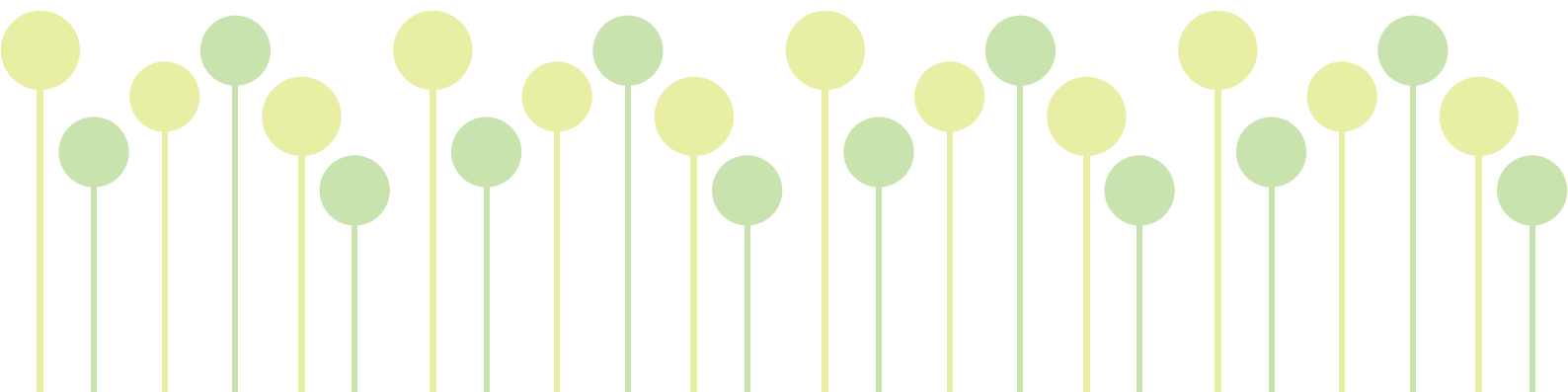
Our flag does not fly because the wind moves it; it flies with the last breath of each soldier who died protecting it."

Students of Grade IV 'H' organized a heartfelt assembly to commemorate Armed Forces Flag Day, observed annually on 7th December to honor the sacrifices and contributions of India's military personnel. The event aimed to instill a sense of gratitude and respect among the young generation for the nation's defenders.

The assembly began with the school prayer, seeking blessings for the armed forces and the nation. Following this, students performed a poignant skit titled "A Day in the Life of a Soldier," portraying the daily challenges,

dedication, and bravery of soldiers. The performance offered a glimpse into the lives of military personnel, highlighting their unwavering commitment to safeguarding the country.

The program also featured a student-composed patriotic song, further enhancing the spirit of nationalism. The assembly concluded with messages of gratitude and patriotism, leaving a lasting impression on all attendees.





# Class Activities



## Tri-colour Activities - Grade I & II

On the occasion of 26th January 2025, the students of Grade I & II enthusiastically participated in a series of fun-filled and meaningful CCA activities, celebrating the spirit of Republic Day. The Grade I students showcased their creativity and patriotism by drawing and coloring beautiful tri-colour kites, symbolizing India's unity in diversity. Adorned in the vibrant hues of saffron, white, and green, these kites reflected the joy and pride of the occasion. Meanwhile, the Grade II students engaged in an artistic tribute to national symbols, illustrating the majestic tiger, graceful lotus, and intricate Ashoka Chakra. Their artwork demonstrated a deep appreciation for the symbols that embody our nation's rich heritage and values. These activities not only encouraged creativity but also instilled a strong sense of national pride in the young learners, making the celebration truly memorable and inspiring.

## CCA – Kite Making: Creativity Takes Flight - Grade III

Students of Grade III eagerly participated in an exciting CCA Kite-Making, sparking their creativity while fostering essential life skills. As they worked together, they developed teamwork, cooperation, and communication skills, sharing ideas, helping one another, and encouraging their peers. The decorating process was a major highlight, where students unleashed their imagination using glitter, stickers, markers, and other craft supplies, transforming their kites into vibrant masterpieces. This engaging and interactive activity not only nurtured their artistic talents but also taught valuable lessons in collaboration, mutual respect, and problem-solving. The kite-making session was a resounding success, leaving students with unforgettable memories and skills that will benefit them beyond the classroom.





# Class Activities



## Creative Fruit Salad Platter: A Fun Way to Healthy Eating

"Eating healthy fills your body with energy and nutrients—imagine your cells smiling and saying, 'Thank You!'" The students of Grade IV enthusiastically participated in a fruit salad platter activity, designed to promote healthy eating habits, creativity, and nutrition awareness in a fun and engaging way. Bringing a variety of fresh fruits and vegetables, the students crafted visually appealing platters, transforming apples, bananas, cucumbers, and carrots into artistic shapes, animals, and patterns. Some even named their creations and explained their choices, showcasing both imagination and awareness of nutritional benefits. The activity not only encouraged artistic expression but also reinforced the importance of fresh, healthy food. Many students confidently presented their platters, explaining their ingredient choices and the health benefits they offer.

## Vegetable Finger Puppets for Harvest Festival

Grade V students enthusiastically participated in a Co-Curricular Activity (CCA) centered around creating vegetable-themed finger puppets as part of the Harvest Festival celebrations. This creative endeavor aimed to foster artistic expression while instilling an appreciation for agriculture and seasonal produce.

Using materials like felt, fabric, and colored paper, students skillfully crafted adorable finger puppets resembling vegetables such as carrots, corn, pumpkins, and brinjals. They added expressive features, bringing their puppets to life with charm and personality.

Beyond enhancing their fine motor skills and creativity, the activity deepened their understanding regarding the significance of farming and the benefits of healthy eating. The event concluded with an interactive session where students narrated short stories using their puppets, effectively bringing the harvest theme to life.



# Class Activities



## Yardstick - Sources of Water

The Grade I students enthusiastically participated in an EVS activity on Water and Its Sources. Through this engaging session, they gained a deeper understanding of the importance of water, identified various sources, and listed its multiple uses.

The activity aimed to create awareness about water conservation by helping students recognize water sources, understand its significance, and explore ways to use it wisely. Students thoughtfully arranged and discussed different water sources, showcasing their creativity through the Yardstick Activity. With great enthusiasm, they collaborated to display their work and reflected on practical ways to save water.

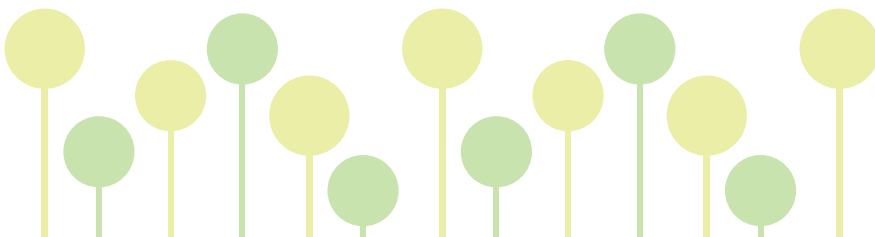
## Math Lab Activity - Multiplication

"Practice multiplication, and you'll unlock the magic of math!"

Multiplication is a foundational math skill introduced at an early age, serving as the cornerstone for building mathematical understanding and problem-solving abilities.

To strengthen this essential skill, Grade II students participated in an engaging pair activity called Roll the Dice. In this activity, students worked in pairs, rolled a dice, and recorded the resulting numbers in their scrapbooks. They then calculated the product of the numbers and repeated the process three times. At the end, they added the products of all three rounds to complete the activity.

This hands-on approach not only made learning fun but also helped students develop critical skills they will rely on throughout their education and daily lives.





# Class Activities



## Math Art Integrated Activity

Grade I students engaged in an exciting Math-Art Integrated Activity titled Pocketful of Fun (Money) to deepen their understanding of monetary concepts through creativity.

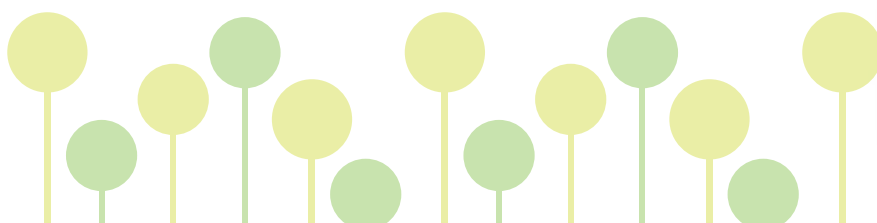
As part of the activity, students selected 2-3 everyday items such as a pencil, toy, or fruit, and illustrated them beautifully in their scrapbooks. They then assigned prices to each item (e.g., pencil = ₹5, apple = ₹10), bringing their drawings to life with practical value.

This innovative blend of art and math not only introduced the basics of money but also encouraged creativity, logical thinking, and real-world application. The activity was a delightful and interactive learning experience, fostering both artistic expression and numerical skills.

## Math Activity – Measurement with Measuring Tools - Grade V

Grade V students enthusiastically participated in a hands-on math activity focused on measurement. The session introduced them to various measuring tools, including rulers, measuring tapes, weighing scales, and measuring cylinders. Through practical exploration, students learned how these instruments are used to measure length, weight, volume, and other quantities.

Engaging in hands-on experiments, they actively used the tools, made observations, and recorded measurements. This interactive approach deepened their understanding of accurate measurement and its significance in everyday life. The activity not only strengthened their mathematical skills but also fostered curiosity, teamwork, and a love for learning.





# Class Activities



## Value of the Week - Empathy

Empathy, the ability to understand and share the feelings of others, is a vital ingredient in building positive friendships and relationships.

To nurture this essential value, a Value of the Week session on Empathy was conducted for Grade I & II students. The session began with an engaging story that highlighted the importance of empathy, helping students relate to the concept through a narrative. The teacher then explained the meaning of empathy using relatable examples, emphasizing its significance in everyday life.

Students actively participated by sharing ways they could show empathy towards others, taking turns to express their thoughts.

## Activity – "My Favourite City in India"

Grade II students participated in the exciting activity, "My Favourite City in India," where they showcased the unique features of their chosen cities using creative and thoughtfully designed props.

The session was a dynamic learning experience that sparked excitement, enthusiasm, and the development of essential skills. Through this activity, students explored various cities across India, broadening their general knowledge and deepening their curiosity about the country's diversity and heritage.

Designing and presenting a prop related to their selected city encouraged students to think creatively and express their ideas in innovative ways. Sharing information about their city in front of their peers boosted their confidence, improved their public speaking skills, and enhanced their ability to articulate thoughts clearly.

We are immensely proud of the students for their effort and



# Class Activities



enthusiasm, which made this activity both memorable and inspiring. It was truly a delight to witness their creativity, passion, and pride in showcasing the rich culture and uniqueness of India's cities.

## SST Activities – Exploring Travel, Communication, and Personal Timelines Grade III

Grade III students enthusiastically participated in two engaging Social Studies activities that deepened their understanding of history, technology, and personal growth.

As part of their exploration of "Means of Travel and Communication," students created vibrant collages showcasing various modes of transportation and communication. This hands-on activity helped them visualize how these systems have evolved over time and how they work together to make life more convenient. Through creative expression, they developed a deeper appreciation for the impact of these advancements on society while enhancing their critical thinking skills.

In another activity, students meticulously crafted timeline organizers, tracing key milestones in their own lives from birth to the present. This exercise not only helped them grasp the concept of chronological order but also encouraged meaningful reflections on their personal journeys. By analyzing these milestones, they developed a broader perspective on the passage of time and the interconnectedness of historical events.

Both activities fostered creativity, analytical thinking, and a deeper connection to the world around them, making Social Studies an exciting and enriching experience for the young learners.



# Class Activities



## Science Yardstick – Exploring Wind, Soil, and Water

Grade III & IV students participated in a series of engaging Science Yardstick activities that provided hands-on learning experiences, fostering curiosity, critical thinking, and real-world connections.

### Wind at Work – Harnessing Renewable Energy - Grade III

Grade III students explored the fascinating world of wind energy through an exciting experiment, The Wind at Work. This hands-on activity demonstrated how wind can be converted into mechanical energy, introducing students to the principles of renewable energy and sustainability. They investigated factors influencing wind power efficiency, such as wind speed and turbine design, deepening their understanding of how renewable energy sources help reduce dependence on nonrenewable resources. This interactive approach made learning about energy both fun and meaningful while inspiring students to think about a cleaner, greener future.



### Types of Soil – Understanding Soil Composition and Water Retention Grade IV

Grade IV students examined different types of soil through an engaging yardstick activity that highlighted soil texture and water retention capacity. By touching and observing soil samples, they identified variations in texture, color, and particle size. Through a filtration experiment, they tested the water absorption properties of sandy, clay, and loamy soils. They discovered that clay retained the most water, sandy soil had low retention, and loamy soil was ideal for plant growth. This activity not only strengthened their understanding of soil's role in agriculture and environmental conservation but also encouraged analytical thinking and teamwork.





# Class Activities



## Water and Its Properties – Exploring Purification Techniques - Grade IV

Water is an essential resource, and Grade IV students deepened their understanding of its properties through a hands-on experiment focused on purification methods. They explored filtration using filter paper to remove insoluble impurities and experimented with alum to observe the process of loading, which speeds up sedimentation. They also learned about distillation, recognizing it as an effective method for obtaining pure water. This activity emphasized the significance of clean water in daily life and equipped students with valuable knowledge about water conservation and purification techniques.



## Science – Forms of Energy: A Hands-on Exploration

As part of an individual subject enrichment activity, Grade V students delved into the fascinating world of energy and its transformations by designing and constructing models that demonstrated various forms of energy. Each student was assigned a specific energy conversion—such as potential to kinetic energy or electrical to light energy—and used everyday materials to build a working model that visually represented the concept.

Once their models were complete, students delivered short presentations, explaining the science behind their projects and detailing the energy transformations involved. This hands-on approach not only reinforced their understanding of energy principles but also nurtured essential skills like problem-solving, creativity, and scientific communication.

## Innovation Lab Activity: Smart Stick for the Visually Impaired

In an exciting Innovation Lab Activity, Grade V students



# Class Activities



collaborated to design and build a functional prototype of a smart stick aimed at assisting visually impaired individuals in navigating their surroundings safely and independently.

The students engineered a smart stick equipped with an ultrasonic sensor, buzzer, battery, and connecting wires, all mounted on a wooden frame. The buzzer was programmed to alert users when an obstacle was detected, making movement easier and safer for those with visual impairments.

This hands-on project not only allowed students to apply their knowledge of electronics, problem-solving, and design thinking but also instilled a strong sense of social responsibility. The smart stick project stands as an inspiring example of how technology can be harnessed for humanitarian purposes, reinforcing the importance of innovation in making the world a more inclusive place.

## Food and Nutrition Club – A Culinary Adventure

The Food and Nutrition Club of Grade III & IV recently embarked on an exciting culinary journey, engaging in hands-on activities that not only enhanced their cooking skills but also promoted teamwork, creativity, and healthy eating habits.

### Veg Frankie Delight

Students kick-started their adventure by preparing delicious Veg Frankies using chapatis, chopped onions, tomatoes, corn, cheese, and a blend of flavorful seasonings. The hands-on experience allowed them to experiment with ingredients, improve their culinary skills, and enjoy the satisfaction of making their own wholesome snacks. The activity fostered self-confidence, teamwork, and an appreciation for homemade meals.



# Class Activities



## Fruit Salad Adventure

The students dived into a Fruit Salad Adventure, bringing a variety of fresh fruits such as apples, bananas, kiwis, cherries, dragon fruit, and pomegranates. They eagerly chopped, peeled, and mixed the fruits in large bowls, enhancing the flavor with honey and a sprinkle of chaat masala. Adding a creative touch, they beautifully arranged their fruit salads, making them as visually appealing as they were delicious. This activity not only introduced them to the nutritional benefits of fruits but also encouraged creativity and collaboration in the kitchen.



## Sesame Seed Delight

Students tried their hands at making Sesame Seed Laddus, using roasted and crushed sesame seeds, jaggery, and dry fruits. This traditional and nutritious treat highlighted the importance of healthy alternatives to refined sugar. The students thoroughly enjoyed shaping the laddus and sharing them with friends and teachers. The activity reinforced the value of wholesome ingredients while allowing them to explore flavors, textures, and the joy of homemade cooking.



Through these fun-filled experiences, students learned valuable life skills, developed a deeper appreciation for nutrition, and discovered the joy of creating healthy, delicious food with their own hands. The sessions were a perfect blend of learning, teamwork, and tasty rewards!



## Rangoli Design: A Celebration of Culture

The Rangoli Design Activity was conducted to enhance students' understanding of cultural traditions while fostering creativity through artistic expression. Inspired by a chapter in the Grade V Hindi textbook that explores Bihu, one of Assam's major festivals, this activity allowed students to connect with the essence of celebration through Rangoli designs.





# Class Activities



Rangoli, a traditional Indian folk art, is often created during festivals and symbolizes prosperity, positivity, and heritage. Students enthusiastically sketched vibrant Rangoli patterns on art pages, incorporating auspicious symbols and intricate designs passed down through generations.

This hands-on experience deepened their appreciation for Bihu and India's rich cultural heritage, making learning both interactive and meaningful.

## Activity – 'रिमझिम बारिश'

The Grade I students participated enthusiastically in the delightful 'रिमझिम बारिश' activity, celebrating the charm of a rainy day—a season that brings rejuvenation and prosperity to nature.

As part of the activity, students created colorful paper boat cutouts, pasted them in their scrapbooks, and drew various items commonly associated with the rainy season. They beautifully depicted the dark clouds, frequent rain showers, and cool breezes, capturing the freshness and joy that monsoons bring.

The activity also highlighted the simple pleasures of rainy days, such as playing in the rain, splashing through puddles, and floating paper boats.

This fun-filled activity not only sparked the students' creativity but also enhanced their understanding of the rainy season's significance.



# Events

## All India Ryan Championship – The Young Mickey & The Young Columbus



### The Young Mickey – A Celebration of Talents - Grade II

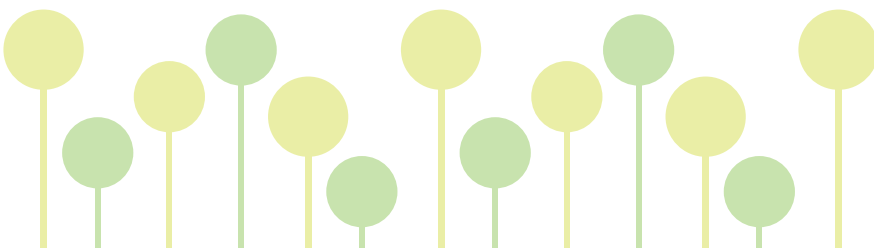
"Success is not about being the best, but about always giving your best. Every competition is an opportunity to learn, grow, and shine brighter than before!"

The All India Ryan Championship – The Young Mickey provided an incredible platform for Grade II students to explore their interests, build friendships, and develop essential social skills that will benefit them for a lifetime.

The competition, centered around showcasing hobbies through PowerPoint presentations, unfolded in three exciting rounds. Students demonstrated their creativity, confidence, and presentation skills, making the experience both engaging and enriching.

- In the Group Champion Round, all Grade II students enthusiastically participated, sharing their hobbies and talents.
- Five outstanding performers from each section advanced to the Class Champion Round, where they further refined their presentations.
- A unique voting system empowered students to select the winners, fostering teamwork and responsibility.
- The finalists then had the opportunity to present their hobbies on a larger platform, sharpening their communication skills and self-expression.

This competition not only encouraged a spirit of healthy competition but also motivated students to strive for excellence while appreciating the efforts of their peers. Beyond academics, such experiences play a crucial role in shaping well-rounded individuals, equipping them with the confidence and skills to navigate future challenges successfully. Congratulations to Shaurya Khetan, Aryan Mittal and Navya Rajput for winning the School Championship round.





# Events

## The Young Columbus School Champion Round - Grade IV



The All India Ryan Championship – The Young Columbus aimed at enhancing Grade IV students' public speaking and presentation skills while fostering confidence and creativity. The School Champion Round, successfully conducted on 27th January 2025, was the culmination of the Group

Champion and Class Champion Rounds, where students presented innovative ideas and were voted for by their peers.

During the School Champion Round, participants delivered impressive presentations on global cities, showcasing their research and communication skills. Attendees cast their votes at the end of the event, and the winners were announced the next day.

**Congratulations to the School Champions:** Shivansh Sharma, Saransh Singh, Mysha Ansari, and Adwik Dubey—all of whom qualified for the State Level!



## Junior Model United Nations (JMUN)

The Junior Model United Nations (JMUN) is a simulation of the United Nations (UN) that brings together young students from around the world to engage in diplomatic discussions, debates, and problem-solving activities. The JMUN is designed to educate and empower students to become global citizens, leaders, and change-makers.

Amanora school students from Grade V & VI participated in the prestigious JMUN event organised by the Lexicon School, Wagholi and achieved remarkable success, bringing home numerous laurels leaving everyone pleasantly astonished. We bagged the following awards:

- Best Dressed Girl - Aarya Mantri (USA delegate - UNEP)
- Superb Speaker - Shaswat Kedia (Germany Delegate - UNEP)
- Excellent Researcher - Charvi Sharma (France Delegate-UNEP)
- Best Delegate - Vihaan Khetan (UK Delegate-UNEP)
- Best Dressed Girl - Dhruvi Kashyap (Japan Delegate-WWF)
- Super Speaker - Yuvana Singh (India Delegate-WWF)
- Brilliant Ideator - Aadya Joshi (USA Delegate-WWF)
- Excellent Researcher - Punit Saratale (China Delegate-WWF)
- Diligent Diplomat- Naina Mittal (Italy Delegate-UNESCO)





# Events



The Junior Model United Nations is a unique and enriching experience that empowers young students to become active global citizens and leaders and provides students with a platform to develop essential skills, knowledge, and values necessary to address the complex global challenges of the 21st century.

## Environment Theatre Festival

### Young Environmentalists from Amanora School Shine at ETF 2025

On 25th January 2025, Students from Grades II, III, VI, VII proudly represented Amanora School at the 10th Environment Theatre Festival (ETF), at Chittaranjan Vatika Garden.

ETF is an award winning & highly appreciated theatre festival dedicated towards environmental interactive research based approach & fostering ownership for the environment among school students. This year, the theme of the festival was: "Earth's Future: Our Responsibility,"

Our students delighted the audience with their performance while showcasing their creativity and passion for the environment. Grades II & III students explored the subtheme "New Beginnings in Nature: The Importance and Life Cycle of Butterflies", while Grade VI & VII students tackled the subtheme "Survival in the Concrete Jungle/Migration".

Students from Grade II & III delivered a vibrant dance and skit highlighting the life cycle of butterflies and their role in maintaining ecosystem balance. Meanwhile, Grade VI & VII students presented a skit on preserving animal life. Both teams were appreciated and recognized for their efforts and teamwork earning consolation prizes at the festival.

Both performances reflected Amanora School's dedication to fostering environmental awareness and action among its students.

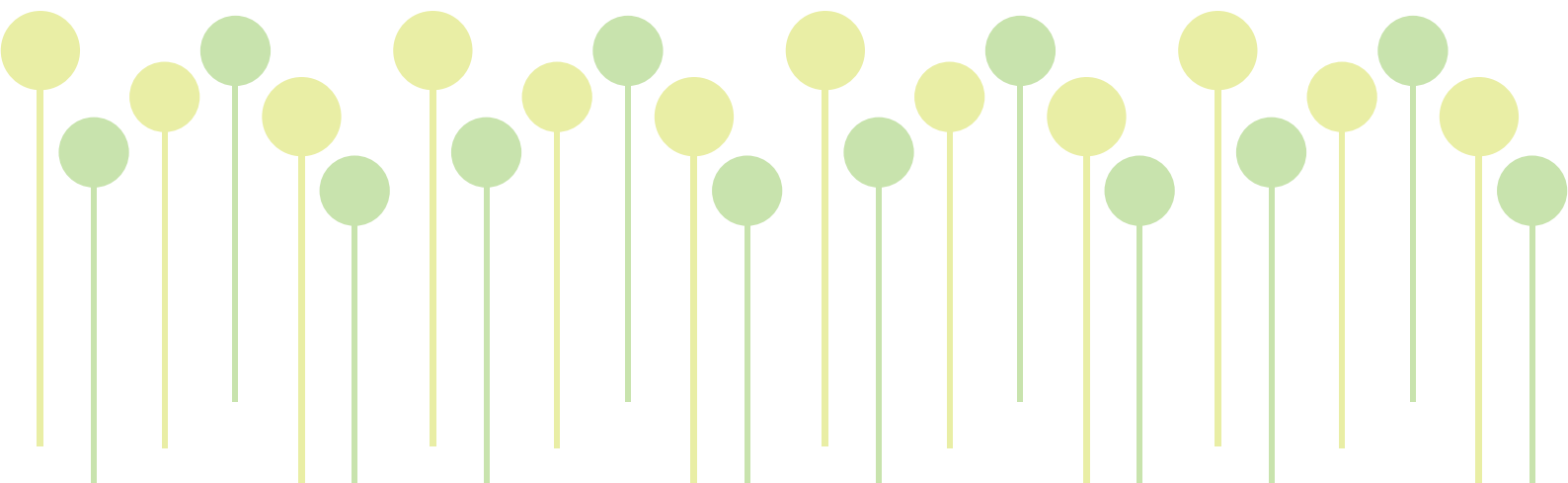


# Students Speak



We propose changes, transformations, evolutions, and revolutions and yet neglect to realize our own mistakes regarding where we should start changing. As a result, we struggle to find the proper ways to implement these changes, preventing a truly positive transformation from taking place. When we aim to transform, we should first require a change in our mentality. Remember the phrase, “YOU ARE THE RESULT OF YOUR THOUGHTS.” It is the process of changing who you are and becoming the person you aspire to be. Positive human transformation provides a clear path for everyone to reach their full potential and live their lives with greater purpose, clarity, and passion. However, any transformation and any aspect of growth lie outside our comfort zones. Human beings are wired for transformation. Perhaps our most extraordinary quality as a species is the ability to learn and adapt to nearly any situation. Coaching can help us recognize our potential to make positive changes in our lives and reflect on our transformational journey. For example, consider someone who struggles with low self-confidence. They constantly doubt their abilities and avoid taking on challenges. However, by consciously working on their mindset—through affirmations, self-discipline, and stepping out of their comfort zone—they begin to develop confidence. Over time, they transform into a more self-assured individual, capable of facing challenges with resilience. This is the essence of positive transformation.

- Anamika. B. K,  
Grade V ‘G’



# Parent Speak



Change is the only constant!!! And it's time to change!!! To live better, you need to identify and resolve issues. Now, just think about what you need to improve and how to resolve it. Sometimes, you feel that something is going wrong. There you are—acceptance is the first step to getting yourself on the right path. If you have started improving step by step, then you are on the journey of positive transformation. Is it the destination? Definitely not!

Positive transformation is the process of changing your habits, behavior, and thought process in the right direction to achieve better results. When you start thinking, 'I want to become my best version day by day' then you are on the correct path. This path is not the same for everyone because everyone's areas of improvement are different. Identify your improvement areas, write them down, and remember for every problem, there is a solution. Start writing down a solution for each of your challenges. It's not magic—just writing something won't instantly solve your problems—but it will give you clarity and confidence to improve in those areas. Start with your daily routine. Take care of yourself: eat well, sleep well, and exercise regularly. Engage in social activities and contribute to society, so that you build a strong network, which will ultimately motivate you. Set goals, focus on them, and manage your actions to reach them. Be open to new experiences, stop overthinking, and take calculated risks.

Gratitude is also one of the most important aspects of being a good human being. These small changes will give you more flexibility, good opportunities, and exposure to new experiences and people. So, what are you waiting for? Grab your diary and pen, start your journey toward positive transformation, and become your best version!.

**- Ms. Shweta Viraj Mulik,  
Parent of Shriya Mulik, Grade V**



# Fun Facts and Trivia



## Trivia on Positive Transformations:

- **"The Happiness Advantage"**

Research shows that positive emotions can actually improve cognitive function, making people more creative, productive, and resilient when facing challenges.

- **"The Gratitude Effect"**

Regularly practicing gratitude, like writing down things you're thankful for, has been linked to increased happiness and overall well-being.

- **"The Optimism Bias"**

Most people tend to underestimate their ability to overcome obstacles and overestimate their future happiness, which can be a positive motivator.

- **"Flow State"**

This psychological state of deep focus and immersion in an activity is often associated with positive emotions and a sense of fulfillment.

- **"The Power of Small Wins"**

Celebrating small achievements can build momentum and foster a more positive outlook on life.

- **"The Self-Fulfilling Prophecy"**

Believing in your ability to achieve something can actually increase your chances of success.

- **"The Resilience Factor"**

People who can bounce back from setbacks often have a positive mindset and strong coping mechanisms.

- **"The Social Contagion Effect"**

Positive emotions can spread through social networks, meaning surrounding yourself with positive people can boost your own mood.

- **"The Positive Psychology Movement"**

This field of psychology focuses on studying the factors that contribute to happiness and well-being, rather than just focusing on mental illness.

- **"The Brain Plasticity"**

Our brains can actually change and adapt throughout life, allowing us to cultivate positive thought patterns through practice.

# Fun Facts and Trivia



## Art Work



**Srisha Sakhalkaar,  
Grade - V 'B'**



**Hrutvi Tambe,  
Grade - IV 'D'**

## Upcoming Events

- Club Culmination

