



**AMANORA
SCHOOL**



 **SCHOOL**
Connect **November 2025**
Grades VI to XII

From the Director's Desk

"Gratitude turns what we have into enough, and generosity turns that enough into abundance."

In a world that often highlights what we lack, gratitude reminds us to appreciate what we already have. It is not merely an emotion but a transformative practice that nurtures positivity, resilience, and overall well-being. Studies reveal that gratitude enhances mental health, strengthens relationships, and even improves physical health by reducing stress and promoting better sleep.

True gratitude goes beyond words—it becomes meaningful when expressed through action. One effective way to nurture thankfulness is through "savouring exercises," which encourage us to pause, observe, and appreciate the good around us. This mindful awareness naturally deepens our sense of appreciation and inspires generosity.

When we are thankful, we recognize the abundance in our lives and feel motivated to give back. Gratitude fosters a sense of interconnectedness, reminding us that our actions can positively impact others. This often translates into acts of kindness—volunteering, donating, or simply extending a helping hand.

The cycle of gratitude and generosity not only enriches individuals but also strengthens communities. It builds compassion, cooperation, and a shared sense of purpose. A grateful person spreads positivity, encouraging others to do the same, thereby creating a ripple effect of kindness and goodwill.

In essence, gratitude in action transforms lives. By embracing thankfulness and generosity in our daily lives, we contribute to a more empathetic and harmonious world—one where appreciation leads to action and kindness becomes a way of life.

**- Ms. Meera Nair,
Director Principal**



Editorial Committee:

Ms. Hillary Maliakal - HOD English

Ms. Yagyiki Mishra - Literary Secretary

Ms. Aarna Shukla - Asst. Literary Secretary

Quote of the month

***“When you practice gratefulness,
there is a sense of respect
toward others.”***

— Dalai Lama



Gratitude makes us humble and kind. It encourages generosity and helps us value the people and blessings in our lives, creating a more positive and compassionate world.

Coordinator Speaks



Gratitude is a powerful force that shapes how we view ourselves, others, and our community. “Gratitude in Action” reminds us that appreciation becomes meaningful when expressed through kindness, generosity, and thoughtful choices. It is more than saying “thank you”—it is a mindset that guides how we treat people and understand our place in the world. When we turn gratitude into action, we create a ripple effect of kindness, connection, and goodwill.

One of the most inspiring qualities of gratitude is its ability to spread. A single act of appreciation can motivate others to act with kindness as well. True gratitude begins with awareness; taking time to notice the people, moments, and opportunities that enrich our lives. This could mean appreciating a friend who listens, a teacher who encourages us, a family member who supports us, or even the small, everyday moment we often take for granted. Once we recognize these blessings, gratitude encourages us to respond with meaningful actions.

These actions don’t have to be grand. They can be as simple as offering a heartfelt “thank you,” helping someone without being asked, writing a note of appreciation, or showing extra patience and understanding.

Practicing gratitude in action benefits everyone. It strengthens relationships, builds empathy, and fosters an environment of respect and kindness. It helps us maintain a positive outlook, reminding us to focus on what is good rather than on what is difficult.

When gratitude becomes part of our everyday lives, we contribute to a community where appreciation is felt, seen, and shared. Through small, thoughtful actions, we show others that their efforts matter and that kindness has the power to make our world a better place.

**- Ms. Tanya Chawla,
Middle School Coordinator**

Academic Activities

Water Management: Grades IX & X Take Action for a Sustainable Future

Students of Grade IX & X participated in an engaging and insightful activity focused on the importance of sustainable water management. The session began with a powerful video that emphasized how community-driven initiatives in water conservation contribute to global sustainability. Through discussions and reflections, students explored the contrast between traditional and modern water practices, linking their learning to key United Nations Sustainable Development Goals—SDG 6 (Clean Water and Sanitation), SDG 11 (Sustainable Cities and Communities), and SDG 13 (Climate Action). The activity helped students understand that adopting simple measures like using dug wells not only supports environmental preservation but also fosters community resilience and local employment. It was an inspiring reminder that even young learners can make meaningful contributions toward building a sustainable and responsible future.



Events

CBSE Science Exhibition Young Innovators Shine at CBSE Science Exhibition 2025-26 Hosted

The CBSE Science Exhibition 2025-26, held at Amanora School, Pune, concluded with remarkable enthusiasm and innovation. With the theme “STEM for Viksit and Atmanirbhar Bharat,” the event brought together 138 teams from Grades VI to XI, showcasing



Events

research-based projects aligned with national scientific priorities.

The inaugural ceremony featured a warm welcome, a prayer, and the traditional lamp lighting by Chief Guest Dr. Triveni Goswami Mathur, followed by a graceful Ganesh Vandana. A thematic dance highlighting environmental degradation and sustainability set an impactful tone for the exhibition. Dr. Mathur's symbolic seed-sowing activated a thematic installation representing key sub-themes such as Sustainable Agriculture, Green Energy, Emerging Technologies, and Water Conservation. In her address, she encouraged students to nurture curiosity and explore the "Why" behind every idea.

Day 2 concluded with the announcement of winners across all sub-themes. From Category 1 (Grades VI to VIII) and Category 2 (Grades IX to XI), one outstanding team per sub-theme was selected for their innovative work—14 teams in total qualifying for the national round.

Director Principal Ms. Meera Nair and the panel of judges congratulated the participants for their creativity, scientific depth, and problem-solving skills. Proud smiles and heartfelt applause marked the distribution of certificates and trophies.

The exhibition stood as a testament to India's bright future—one powered by young scientists whose curiosity and imagination will shape a truly Viksit and Atmanirbhar Bharat.

Amanora School Hosts the 6th Edition of Amanora Model United Nations (AMUN)

It encourages generosity and helps us value the people and blessings in our lives, creating a more positive and compassionate world.



Events

Amanora School proudly marked another milestone by successfully hosting the 6th Edition of the Amanora Model United Nations (AMUN).

Model United Nations brings together enthusiastic young minds from diverse schools and colleges, offering them a platform to explore diplomacy, international relations, and global problem-solving. This year's AMUN was the culmination of two months of meticulous planning and coordination, resulting in a grand and seamless event.

The conference witnessed the participation of 132 delegates from 20 schools across the Pune circuit, reaffirming the growing stature of the Amanora MUN. A total of seven committees, including the International Press, were simulated—namely UNHRC, UNEP, UNCSW, DISEC, AIPPM, IMF, and IPC. Each committee served as a hub of vibrant debate and intellectual exchange, tackling agendas ranging from tariff regulations and animal husbandry to nuclear proliferation in the Middle East.

The event commenced with an inspiring Opening Ceremony and concluded with an equally spirited Closing Ceremony, leaving every participant enriched with knowledge and memorable experiences.

Amanora MUN continues to offer an unparalleled opportunity for students to hone their public speaking, leadership, diplomacy, and critical thinking skills while fostering a deep understanding of international issues.

As the curtains close on this year's remarkable edition, Team Amanora looks forward with excitement and anticipation to hosting AMUN 7.0 in 2026 — promising to be even more dynamic and thought-provoking.



Assemblies

National Education Day

Students of Grade IX conducted an assembly on the topic “National Education Day”.

National Education Day is celebrated in India on November 11th to honor Maulana Abul Kalam Azad, the country's first Education Minister, on his birth anniversary. It serves to highlight the importance of education in shaping a progressive and empowered nation.

The assembly commenced with the school prayer, word and thought of the day, pledge, news update followed by an entertaining and motivational play and dance performance.

The class teacher then highlighted the importance of this day and encouraged students to understand that education is not just about academic success, but about developing knowledge, discipline, and moral values.

Our Coordinator encouraged and uplifted the spirits of students further by sharing the true meaning of National Education Day and inspired students to become lifelong learners.

World Tsunami Awareness Day

A positive morning sets the tone for a meaningful day, and our assembly plays a vital role in uplifting our students' spirits, reinforcing strong values, and channelling their energies with purpose. With great enthusiasm, the students of Grade IX conducted an insightful assembly on the theme “World Tsunami Awareness Day.”

Observed annually on 5th November, this day serves as an important reminder of the immense power of the ocean and the necessity of staying prepared. The devastating 2004 Indian Ocean Tsunami, which took more



Assemblies

than 2,30,000 lives, stands as one of the deadliest disasters of the 21st century and continues to teach us crucial lessons about awareness and readiness.

The purpose of this observance is not only to honour the past but also to safeguard the future. It encourages us to invest in preparedness for every coastline and community around the world. By staying informed and working together, we can ensure that our future is never overwhelmed by such disasters. Stay Alert, Stay Informed, Stay Safe!

The assembly began with the school prayer and the pledge, followed by the Word of the Day, Thought of the Day, and news updates. This was followed by a skit highlighting the significance of World Tsunami Awareness Day, along with an interactive session featuring situation-based questions for students.

The Grade IX students presented their assembly with great confidence and teamwork, delivering it exceptionally well.

National Constitution Day

The Constitution Day Class Assembly was conducted with great enthusiasm and purpose. The programme began with a warm welcome, followed by the Word of the Day - "Novelty" - and an inspiring Thought for the Day reflecting Dr. B. R. Ambedkar's belief that the Constitution is a living guide for the nation.

Students presented the News Headlines and delivered a powerful skit showcasing the need, creation, and drafting of the Constitution. Through clear narration and impactful dialogues, they highlighted the rigorous debates and visionary work that shaped the Constitution over 2 years, 11 months, and 18 days. A graceful dance performance further celebrated India's unity in diversity.



Assemblies

The Teacher's Talk reminded students of their role in nation-building by practicing discipline, respecting diversity, fulfilling constitutional duties, and being responsible citizens. The coordinator's address reinforced that a nation's strength lies in the character of its children.

Overall, the assembly was meaningful and enriching, inspiring students to uphold the values of the Indian Constitution in their daily lives.

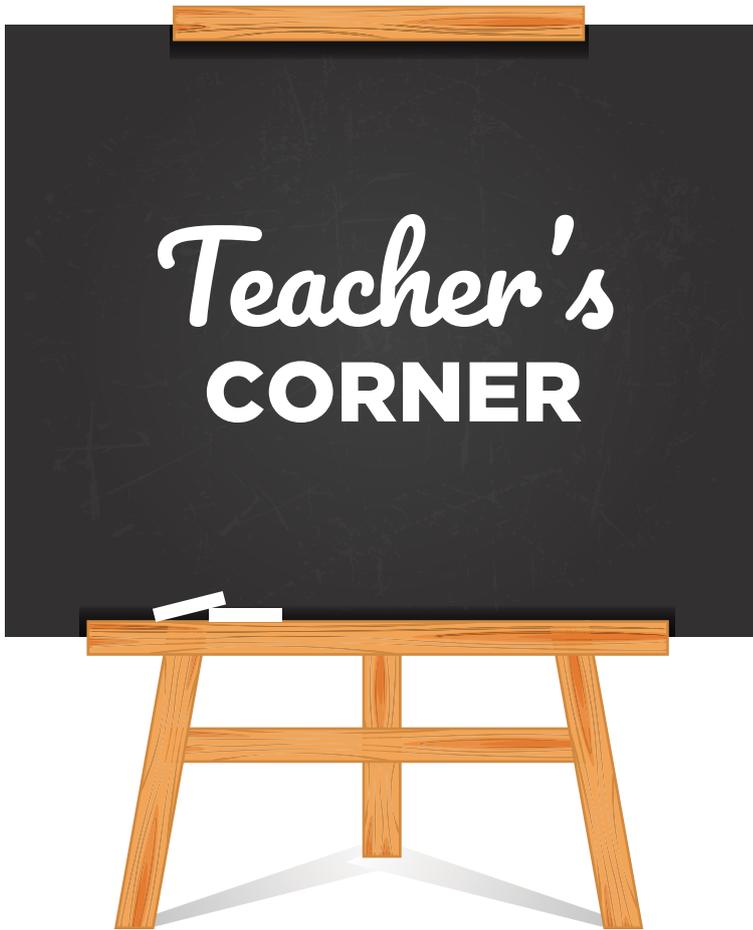
Empowering Youth for Global Leadership in Science and Innovation

The school assembly, led by the students of Grade IX, celebrated the theme Empowering Youth for Global Leadership in Science and Innovation. The assembly commenced with the school prayer, followed by the Pledge, Word of the Day and Thought for the Day. A concise news update highlighted recent national, international, sports headlines, alongside brief school announcements.

The highlight was an engaging skit that vividly illustrated how curiosity, teamwork, and perseverance can transform ideas into real world solutions. After the performance, the class teacher shared insightful reflections on nurturing a scientific mindset among students, while the coordinator, encouraged everyone to continue exploring the wonders of science.

The assembly reinforced the message that the leaders of tomorrow are being cultivated within our school walls today.





Throughout history and around the world, religious leaders and philosophers have extolled the virtue of gratitude. It is indeed, a quiet transformative force which sustains our emotional and mental balance. Gratitude is not merely being thankful, it is rewiring of the brain to shift focus from what is missing to what is present, from complaints to contentment, from stress to serenity. Scientific studies have proven that practice of gratitude causes release of neurotransmitters like dopamine and serotonin in the brain which boost mood, and regulate stress related hormones like cortisol.

Hence daily expression of gratefulness reinforces deep sense of peace and contentment which no external success can match. But being grateful doesn't imply lack of ambition or avoidance of new challenges. Rather during our times of struggle, our sense of gratitude allows us to tap our optimism, inner strength and self-belief. Hence as a part of mindful living, being grateful is the portal to life well lived and cherish the blessings bestowed upon us.

**- Ms. Deepali Ghai,
Senior School Teacher**

Health, Safety and Child Protection (HSCP) Practices



Health Alert - Junk Food and Kids

In today's world, fast food and junk food has become common. Its easy availability and appealing taste make it difficult to resist, leading to a concerning rise in its consumption among kids. However, many of us are not aware of the harmful effects of consuming junk foods, especially to kids. Due to their growing brains and bodies, children are more prone and vulnerable to the effects of junk foods. As a part of HSCP initiative, Health alert presentations / slides were shown to students of Grade IX to create awareness about harmful effects of junk food. They were told that regular and long-term consumption of junk foods such as fries, burgers, and other unhealthy meals can contribute to various health problems, including obesity and low energy, weakened immunity, tooth decay, digestive trouble or cardiovascular diseases. Something in moderation is better than something out of control, so make healthy swaps, set limits, and prefer healthy food choices.



Suicide Prevention Awareness Session

The suicide prevention awareness session, led by Ms. Anuja Bali, was conducted at Amanora School for the entire staff, with the aim of equipping educators and staff members with essential knowledge, awareness, and sensitivity to support students' emotional and mental well-being.

Ms. Bali emphasized the importance of recognizing early warning signs, emotional distress, and significant behavioral changes in students that may indicate vulnerability or risk. She guided the staff on how to observe, understand, and respond empathetically, stressing the need for timely intervention, active listening, and open communication to ensure students feel heard, supported, and safe.

The session was highly informative and impactful, reinforcing the critical role of teachers and staff as frontline protectors and key stakeholders in suicide prevention. It highlighted the collective responsibility of the entire school community at Amanora School in creating a safe, supportive, and nurturing environment where students are encouraged to seek help without fear or stigma.

Health, Safety and Child Protection (HSCP) Practices



Safe Driving Training Session for School Transport Drivers

A training session on safe driving was conducted by Force Motors at Amanora School with the objective of enhancing the skills of our school transport drivers. The session aimed at improving driving efficiency, safety awareness, and overall vehicle care.

Mr. Vaibhav Pawar and Mr. Rahul Patole shared valuable insights and practical tips to strengthen drivers' skills and encouraged a proactive approach towards safe driving, time management, and proper maintenance of school buses.



Visit of Ms. Sharvari Gawande to Amanora School

Ms. Sharvari Gawande, Principal of a renowned school in Pune, visited Amanora School along with her trustees. The purpose of the visit was to gain a detailed understanding of the school's health and safety processes, as well as its infrastructure and furniture, with the intent of implementing similar best practices in her own institution.

During the visit, the team was given a comprehensive overview of the school's overall functioning and systems. Ms. Gawande expressed great appreciation for the well-planned facilities and robust safety measures in place. She was highly appreciative of the openness

Health, Safety and Child Protection (HSCP) Practices



with which the Amanora School team shared insights into the school's dynamics and operational practices.

The visit proved to be a valuable platform for the exchange of ideas, experiences, and best practices between the two schools, making it a truly enriching and collaborative experience.





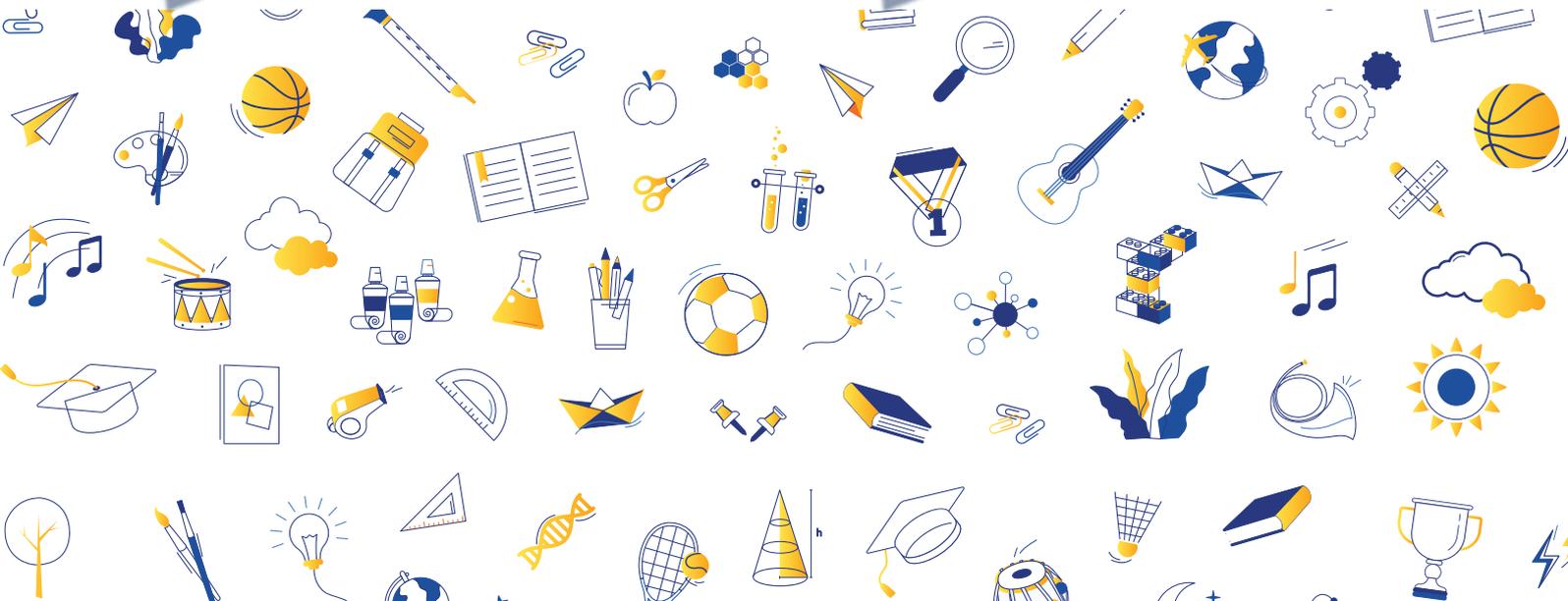
Students' Achievements

Proud Win for Amanora School at the CBSE Science Fair!

We are delighted to announce that our Grade VIII students, Abhiraj Sharma and Mohammed Zainul Haq, emerged as winners in the Health and Hygiene sub-theme under Category 1 (Grades VI to VIII) at the CBSE Regional Science Fair.

This two-day event brought together young innovators from across the region, and our students impressed the judges with their creativity, scientific thinking, and meaningful contributions toward promoting better health practices.

Their achievement is a testament to their hard work, dedication, and passion for science. Congratulations to both winners for this outstanding accomplishment!





PARENT'S CORNER

As a parent, I've realised that gratitude isn't something children learn in one lesson—it grows slowly through everyday moments. It may appear when they remember to say “thank you” to a teacher, acknowledge a friend's help, or simply notice the small efforts others make for them. These early experiences help them understand that appreciation is more than a polite word; it is a way of seeing the people around them.

Putting gratitude into action doesn't require anything grand. It could be offering to help at home without being asked, treating classmates with patience, or showing respect through small, thoughtful gestures. These habits teach children that gratitude is not something reserved for special days, but something expressed in how they choose to behave each day. In today's fast-paced environment, pausing to appreciate what we have can easily be overlooked. Encouraging children to recognise these moments helps them stay grounded, build empathy, and form healthier relationships. Gratitude, when practised consistently in simple ways, becomes a quiet strength that supports them through both ordinary days and challenging times.

**- Ms. Bhawna Sharma,
Parent of Koustubh Sharma - Grade XI 'A'**

Upcoming Events

- Annual Sports Day

