AMANORA SCHOOL

MANAGED BY RYAN EDUNATION





SCHOOL Connect

July 2026

Grades VI to XII

From the Director's Desk

The Power of Emotional Balance

"He who conquers others is strong; he who conquers himself is truly powerful."

— Lao Tzu

Have you ever said something in anger that you later regretted? Or made a decision in fear that you wished you could undo? These moments remind us that our greatest battles are often fought within. Life is a constant interplay between what happens to us and how we respond. While we cannot control every situation, we can choose our response. Emotional balance, built on the twin pillars of emotional awareness and self-regulation, is the bridge between chaos and clarity.

Emotional awareness begins with understanding our feelings instead of being controlled by them. Recognizing emotions such as fear, frustration, or excitement helps us understand why we react the way we do. This awareness gives us the power to pause before we act.

Self-regulation transforms that awareness into wise action. It is not about hiding emotions but about expressing them with maturity and purpose. Whether it is remaining calm during an argument, accepting failure with grace, or responding thoughtfully under pressure, self-regulation enables us to turn challenges into opportunities for growth. It teaches us that true strength lies not in reacting instantly but in responding wisely.

Together, emotional awareness and self-regulation shape resilient individuals who communicate effectively, make thoughtful decisions, and build meaningful relationships. In a world filled with constant pressure and distractions, emotional balance is not a luxury—it is a necessity.

The strongest people are not those who never feel anger, fear, or disappointment, but those who understand their emotions and choose to rise above them. When we master our emotions instead of letting them master us, we unlock the power to lead, inspire, and thrive.

- Ms. Meera Nair,
Director - Principal



Editorial Committee:

Ms. Hillary Maliakal - HOD English

Quote of the month

"You cannot always control what you feel, but you can choose how you respond."

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Being emotionally balanced means recognising our feelings, understanding them, and responding thoughtfully rather than reacting impulsively. Self-awareness helps us understand our emotions, while self-regulation helps us manage them with calmness and maturity.

Coordinator Speaks



The Power of Emotional Balance

Think of that first day of school—little steps walking in without a mother's hand to hold. Some children begin with tears. A few make their presence loudly known. Then there is the quiet handful who do not utter a word at all, simply looking around for a familiar face, avoiding eye contact and showing little expression. Yet, in their own ways, all these children are expressing emotions. The tears, the noise and even the silence are languages of their own.

From our youngest learners to our seniors preparing for board examinations, emotional awareness is a skill that quietly shapes how every child navigates school and life. As psychologist Daniel Goleman said, "Self-awareness—recognising a feeling as it happens—is the keystone of emotional intelligence."

We live in a world that moves fast and compares constantly—grades, ranks, achievements and even the carefully curated lives children see on screens. In such an environment, a child's sense of self-worth can easily become tied to outcomes. Emotional balance helps children pursue excellence without being overwhelmed by pressure. It enables them to handle setbacks, face competition confidently and move forward with a clear mind.

It begins with noticing and naming what we feel. For younger children, it may mean saying, "I feel scared." For older students, it may involve recognising, "I feel nervous before my presentation," or "I feel frustrated because this problem is difficult." The moment a child can name an emotion, they take the first step towards managing it rather than being controlled by it.

Coordinator Speaks



Many everyday struggles—a tantrum before school, a sudden outburst, withdrawal or a loss of focus before an examination—may not simply be signs of defiance or laziness. Often, they are unspoken emotions seeking an outlet. Learning to recognise these feelings helps children pause before reacting, handle disappointment calmly and return to a task after distraction.

This is why educators and parents must work hand in hand. Children need a safe space to express emotions without fear of judgment. At school, reflective activities, mindful pauses and open conversations can help children understand their feelings. At home, parents can reinforce this by naming emotions, modelling calm responses and encouraging children to pause before reacting.

Emotional balance does not mean suppressing feelings or always being happy. It means giving children the tools to understand what they feel and choose how they respond. Together, let us help our children face the demands of the world standing steady, confident and emotionally strong—one mindful moment at a time.

- Ms. Pallavi Shukla,
Coordinator - Grades III to V



CCA Activities

Unleashing Creativity through Mask Making

Creativity came alive as students of Grade VI brought their favourite cartoon characters to life through a vibrant Mask Making Activity! Using cardstock, colours, markers, and decorative materials, they designed and crafted unique wearable masks that reflected their imagination and artistic flair.

The activity encouraged creativity, self-expression, and fine motor skills while allowing students to showcase their favourite characters with confidence. It was a fun-filled learning experience that celebrated art, imagination, and the joy of creating something truly unique.





What Defines a Good Friendship?

A good friendship is built on trust, respect, understanding, and mutual support. A true friend is someone who accepts us for who we are, listens to us, and stands by us during both happy and difficult times. Friendship is not about always agreeing with each other; it is about respecting differences and helping one another grow.

Good friends communicate honestly, keep promises, and are happy for each other's achievements. They encourage one another to make good choices and never make a friend feel left out or uncomfortable. Kindness, loyalty, empathy, and honesty are the qualities that make a friendship strong and meaningful.



Through the QCT activity, students of Grade IX and X reflected on what makes friendships healthy and positive. Small acts of kindness, listening, sharing, and supporting each other can create friendships that last for a long time.



A good friendship is not measured by how long we have known someone, but by how genuinely we care, respect, and support each other.

Academic Activities

Cardboard Disc and Uniform Circular Motion



To make the concept of Uniform Circular Motion more engaging and experiential, Grade IX students participated in a hands-on Cardboard Disc Activity. Using circular cardboard discs of different radii, students observed how the radius of a circular path influences the motion of an object moving in a circle.



Through this activity, students explored the relationship between the radius and circular motion, understanding that for a given angular speed, a larger radius results in a greater linear speed. The practical demonstration helped them visualize abstract concepts, making learning more interactive and meaningful.



The activity encouraged scientific inquiry, observation, and critical thinking, enabling students to connect theoretical knowledge with real-life applications while strengthening their understanding of the principles of circular motion.

A Microscopic Journey into Plant and Animal Cells



Slide preparation of plant and animal cells equip the students with practical skills and deepen their understanding of cell structure and function. Students learn about cell types, observe cell components like nucleus and vacuole, and gain experience with microscopy techniques.

The students of Grade IX got an opportunity to learn the procedure for making biology slides. The aim was to move beyond textbook definitions and provide a hands-on experience that allows students to visualize and understand the key differences and

Academic Activities

similarities between plant and animal cells, fostering a deeper understanding of cell biology. They enjoyed the whole slide preparation procedure and observed the excellent slides of onion peel and human cheek cells made by them.



Hands-On Chemistry: Discovering Separation Techniques

The Chemistry Department conducted practical sessions for all Grade IX students. Students performed experiments on paper chromatography, sublimation, and crystallization to understand different separation techniques.



The activity helped students relate classroom learning to practical applications while developing their observation and laboratory skills. Students participated with great interest and successfully carried out the experiments, making the learning experience enjoyable and interactive.

A Journey through European History

Students of Grade X participated in a Mind Map activity on the topics Unification of Germany, Unification of Italy, the Strange Case of Great Britain, and the Balkans & Greece. Through this activity, they visually represented the key events, important personalities, causes, and consequences associated with the rise of nationalism in Europe.



The mind maps enabled students to establish meaningful connections between historical events, understand the sequence of developments, and compare the processes of nation-building across different regions.



The activity encouraged critical thinking, creativity, and collaborative learning while

Academic Activities

reinforcing concepts taught in class. It also enhanced students' presentation and organizational skills, making the learning process more engaging and effective.



A Visual Journey through European Nationalism

Mind maps provide a systematic and visual approach to capturing, organizing, and understanding information. By breaking down complex concepts into smaller, interconnected parts, they help students analyze topics more effectively and gain a deeper understanding of the subject matter.



To promote visual learning and conceptual understanding, a Mind Map Making Activity was conducted for the students of Grade X on "The Rise of Nationalism in Europe." Students were asked to carefully study the given topics and prepare a mind map incorporating relevant information related to the unification of the different countries of Europe. They presented the key events, important personalities, and significant developments in a logical and visually appealing format.



The activity witnessed enthusiastic participation from all students. The activity not only reinforced their knowledge of the chapter but also enhanced their presentation, analytical, and organizational skills, making the learning process both engaging and enjoyable.

A Journey across Glimpses of India

A PowerPoint Presentation activity on the chapter Glimpses of India from the English textbook *First Flight* was conducted across all Grade X classes during their respective English periods. The activity aimed to encourage self-study, independent research, collaboration, and effective presentation skills.



Academic Activities



Students were divided into groups and explored the three sub-parts of the chapter—'A Baker from Goa', 'Coorg', and 'Tea from Assam'. Each group researched its assigned section and presented their findings to their respective teachers using creatively designed and informative PowerPoint presentations.



Through their presentations, students highlighted the key concepts, cultural aspects, important details, and unique features of each section. The activity provided an engaging platform for students to deepen their understanding of the chapter while strengthening their research, teamwork, communication, creativity, and presentation skills.

Breaking Barriers: A Skit on Equality and Inclusion



A skit activity was conducted for Grade X students based on the chapter "Gender, Religion and Caste." The activity aimed to encourage awareness of equality, inclusivity, and social justice through experiential learning.

Students delivered compelling performances portraying themes of gender equality, religious harmony, and caste discrimination, effectively highlighting the constitutional values of equality, secularism, and mutual respect. The activity enriched students' conceptual understanding while nurturing creativity, collaboration, communication skills, and self-confidence.



Overall, the activity proved to be insightful and impactful, inspiring students to embrace the ideals of equality, empathy, and responsible citizenship.

Academic Activities

Exploring Eye Defects through Presentations



Grade X students presented informative PowerPoint presentations on the topic "Defects of Vision." The presentations covered the common eye defects—Myopia (Short-sightedness), Hypermetropia (Long-sightedness), Presbyopia, and Astigmatism—along with their causes, symptoms, and methods of correction using suitable lenses. The students demonstrated good understanding of the concepts by using clear explanations, diagrams, and real-life examples. They presented with confidence, answered questions effectively, and displayed excellent teamwork and communication skills. The activity helped strengthen their conceptual understanding while enhancing their presentation, research, and public speaking abilities. Overall, the PPT presentations were engaging, well-prepared, and reflected the students' sincere efforts and active participation.



Circles in Action: Discovering the World of Tangents



Grade X students of Amanora School explored the concept of Tangents to a Circle through an engaging hands-on activity during their Maths Lab period.

The activity helped students visualise and understand the key properties of tangents and their relationship with the radius of a circle. It also enabled them to develop a deeper understanding of the proofs of theorems related to tangents and circles through practical exploration.



Through this experiential learning approach, students strengthened their logical reasoning, observation, analytical thinking, and problem-solving skills, making mathematical concepts more meaningful and easier to understand.

Academic Activities

National Flag Adoption Day

The students of Grade IX & X at Amanora School observed National Flag Adoption Day by engaging in meaningful discussions on the history, adoption, and significance of the Indian National Flag. They reflected on the values represented by the saffron, white, and green colours, along with the Ashoka Chakra, and explored how the Tiranga inspires unity, courage, peace, and progress.

"Our Tiranga is not just a flag—it is a symbol of our nation's unity, sacrifice, and aspirations."





Events

Amanora School Invests Student Leaders with Responsibility and Honour

Amanora School proudly conducted its Investiture Ceremony for the Academic Year 2026–27, celebrating the spirit of leadership, responsibility, and service. The ceremony commenced with a warm welcome, followed by an overview of the transparent Student Council election process. The School Song and the Maharashtra State Song set a patriotic tone for the occasion.

The ceremonial lamp was lit, followed by a graceful welcome dance. The event was graced by Colonel G. S. Radkar as the Chief Guest, whose inspiring presence added significance to the occasion. In his address to the students, Colonel Radkar underscored the importance of discipline and the value of expressing gratitude towards teachers, emphasizing that these qualities are essential





Events

and should be instilled in every student. A disciplined slow march by the newly elected Student Council members reflected the values of commitment and unity.

A total of 35 student leaders—23 from the Senior School and 12 Junior School Cabinet members from Grade V—were conferred with their badges of office. The School Flag was formally entrusted to the School Captain, and the oath of office was administered by Director Principal Ms. Meera Nair, marking the official assumption of leadership responsibilities. School Captain Shaurya Singh Gandhi accepted the responsibility on behalf of the council, while School Vice-Captain Anisha Dhanawade stood alongside the newly elected leaders in this significant moment.

The ceremony concluded with an inspiring address by the Chief Guest, a melodious performance by the school choir, and the National Anthem. The occasion was attended by Secondary and Senior School Headmistress Ms. Amrita Gangwal, the Primary School Headmistress Ms Sujata Rathaur, coordinators, house mistresses, staff members, and students, making it a memorable celebration of leadership and excellence.







Awards for Student Excellence Ceremony 2025–26

The Awards for Student Excellence (ASE) Ceremony 2025–26 celebrated students for their dedication, perseverance and achievements across academics, sports and the arts.

The ceremony opened with the ceremonial lamp lighting, followed by a captivating fusion of Bharatanatyam and Kathak presented by students. Confident student anchors guided the proceedings as the school community came together to celebrate achievement.



Events

The occasion was graced by Director-Principal Ms. Meera Nair, Headmistress (Secondary) Ms. Amrita Gangwal, and Headmistress (Primary) Ms. Sujata Rathaur, along with coordinators, teacher leaders, faculty members, parents and students.

A total of 455 students from Grades V to IX were recognised across categories including Star Achievers, Super Achievers, Super Star Achievers, Math Master, Super Scientist, Sporty Soul and Astounding Artist, along with other special recognitions celebrating academic and co-curricular excellence.

The Grade X School Toppers and Grade XII toppers from the Science, Commerce and Humanities streams were also felicitated for their outstanding Board Examination performance. In addition, 64 subject toppers from Grade X and 15 from Grade XII were honoured, bringing the total number of senior school academic achievers recognised to 79 students.

The celebration recognised not only individual accomplishments but also the dedication of students, guidance of teachers and support of parents that make such achievements possible.







Igniting Career Aspirations through Young Tata

The All India Ryan Championship: Young Tata on the theme "Career" empowered Grade X students with a remarkable platform to explore, research, and present diverse career pathways with confidence.

The journey began with Workshop I and Workshop II, where students were introduced to the championship and guided on developing impactful PowerPoint presentations. This was followed by group championships, leading to class championships, where group winners competed and a Class Champion was selected through student voting.



Events

The final school championship round, witnessed one outstanding student from each section of Grade X confidently representing their class through engaging and well-researched presentations. The event nurtured research skills, critical thinking, effective communication, and a broader understanding of career opportunities.



Assemblies

Palki – A Journey of Faith and Devotion

The students of Grade X at Amanora School presented a special assembly on "Palki – A Journey of Faith and Devotion," celebrating Maharashtra's rich cultural and spiritual heritage. The assembly began with the school prayer and pledge, followed by the Word of the Day, Thought of the Day, and News Updates. Students presented an informative and devotional segment highlighting the significance of the Palki tradition and Wari pilgrimage, while emphasizing values of faith, discipline, unity, equality, and selfless service. The programme continued with the Teacher's Talk and an inspiring address by the Coordinator, AR, before concluding with the National Anthem. Through their presentation, students beautifully conveyed that the Palki is not merely a pilgrimage but a journey that inspires compassion, perseverance, collective harmony, and devotion, encouraging everyone to embrace these timeless values.





World Nature Conservation Day

World Nature Conservation Day, observed every year on 28th July. This day reminds us that nature is our greatest gift. Clean air, fresh water, fertile soil, forests, rivers, and wildlife are essential for our survival. However, increasing pollution, deforestation, climate



Assemblies

change, and the overuse of natural resources are putting our environment under great pressure.

Nature gives us everything we need, but it is our responsibility to protect it. Conservation does not always require big actions. Small habits such as planting trees, saving water and electricity, reducing the use of plastic, recycling waste, and keeping our surroundings clean can make a significant difference. When these simple actions are practiced by each one of us every day, they create a lasting positive impact.

On this World Nature Conservation Day, our students of Grade IX had an exciting and informative Assembly on the Topic World Nature Conservation Day.

Let us all take a pledge to protect our environment and use natural resources wisely. Together, we can build a greener, healthier, and more sustainable future for generations to come.





National Flag Day

A special assembly was conducted at Amanora School by the Grade X students to commemorate National Flag Day. The assembly highlighted the significance of the National Flag as a symbol of our nation's pride, unity, freedom, and sovereignty.



The students presented an engaging and meaningful programme that included speech and activities reflecting the importance of respecting and honouring the National Flag. The assembly also encouraged students to understand their responsibilities as citizens and to uphold the values of patriotism, unity, and national pride.



The assembly was an inspiring and enriching experience for everyone, leaving the students with a deeper sense of respect for the nation and its cherished values.





Finding the Right Balance

'Emotional balance is not about controlling every feeling; it is about choosing how to respond to every feeling.'

In today's world, which is loaded with deadlines, goals, stress, and the constant need to upgrade oneself, striking the right balance sometimes becomes a task. Whether it is the right balance of fun and work or that of professional life and personal life, everyone is burdened by dual choices and the need to make a healthy one. In such a scenario, what becomes the absolute need of the hour is to strike the correct balance - one that needs proper emotional stability along with practical solutions. It is then, that one recognizes the need for emotional balance.

Emotional balance is the ability to understand our feelings and respond to them in a healthy and thoughtful manner. In today's fast-paced world, we often undergo various emotions like despair, worry, disappointment, anger and anxiety. Learning to manage these emotions can help us make better decisions and maintain healthy relationships.

The first step to emotional balance is emotional awareness. It means recognising what we





are feeling and understanding the reasons behind our emotions. When we are aware of our feelings, we can identify situations that affect us and choose appropriate ways to respond. This will help us maintain our calm during difficult situations, and enable us handle conflicts constructively. It helps us accept difficult experiences without allowing them to overwhelm us.

Another important aspect is regulating our emotions. Emotional regulation does not mean suppressing or ignoring emotions. Instead, it involves managing emotional responses so that our emotions do not control our behaviour. Techniques such as deep breathing, taking a short pause, positive self-talk and expressing feelings calmly can support emotional regulation. Emotional regulation improves concentration, resilience and communication. A person who can regulate emotions is more likely to remain calm during challenges

To conclude, it is important for everyone to understand that emotional balance is not about being happy all the time; it is about responding wisely to both positive and negative emotions. Developing emotional awareness and regulation enables us to lead healthier, calmer and more fulfilling lives.

- Ms. Divya Poduval,
PGT English

Health, Safety and Child Protection (HSCP) Practices



Transport Committee Meeting

A Transport Committee meeting was conducted at Amanora School to review and strengthen student transportation safety and operations. The meeting focused on transport operations, GPS and CCTV monitoring, safety training, RTO compliance, and improvement strategies for the academic year 2026–27.

The committee emphasized regular monitoring of GPS and bus CCTV systems, safe and defensive driving, first-aid and emergency response, fire safety, and staff sensitization on HSCP and POCSO. The importance of annual health check-ups and mandatory breath-analyser checks for drivers was also highlighted.

The RTO representatives reviewed the compliance documents and stressed that all school bus drivers must possess the appropriate driving licence and valid PSV badge/authorization. Key action points included conducting an awareness meeting for private van users, ensuring driver documentation is completed, and sharing details of unauthorized private vans with the concerned RTO department for necessary action.







Is your Kitchen Oil helping or Hurting your Family

Schools play a crucial role in shaping nutrition awareness among children, as they provide both knowledge and habits that last a lifetime. While food habits begin at home, encouraging children to choose home-cooked meals, limit fried treats, and develop healthy food choices helps create lifelong patterns of healthy eating. Student's health is deeply influenced by the type and amount of cooking oil used in daily meals. Using oil in the right quantity plays a vital role in supporting growth, brain development, immunity, and heart health. Oils provide essential fatty acids that the body cannot produce on its own, and these fats are crucial for building cell membranes, absorbing fat-soluble vitamins, and maintaining hormonal balance. However, moderation is key—excessive oil consumption can lead to obesity and cardiovascular risks, while too little can deprive the body of necessary nutrients. As part of the HSCP initiative, health awareness presentations and slides were shown to

Health, Safety and Child Protection (HSCP) Practices



Grade IX and X students to highlight the importance of a balanced plate filled with fruits, vegetables, whole grains, proteins, and healthy fats. The message emphasized that good health is not about eliminating oil completely, but rather about choosing wisely and using it sensibly.







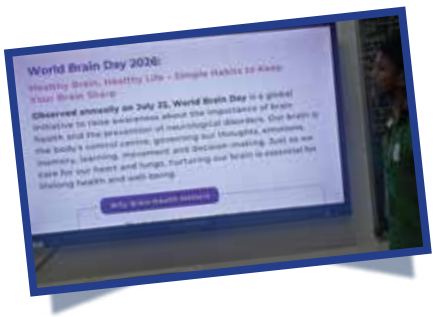
World Brain Day

World Brain Day, observed on 22nd July, is a global initiative to raise awareness about the importance of brain health and the prevention of neurological disorders. The brain works around the clock, controlling every aspect of our body and mind. However, poor lifestyle habits, chronic stress, inadequate sleep, unhealthy eating, and physical inactivity can negatively affect brain function. As part of the HSCP initiative, a Health Alert presentation was conducted for the students of Grade IX & X to create awareness about brain health. Informative slides were shown, highlighting the importance of adopting healthy lifestyle practices to keep the brain active and healthy. Students were encouraged to understand that our brain is our most valuable asset. They learned that every healthy choice such as eating nutritious meals, exercising regularly, getting quality sleep, and managing stress contributes to better brain health and overall well-being. The presentation concluded with the inspiring message:

"Healthy Brain, Healthy life, Healthy Future."







Trivia Questions

1. Which principle states that the total electric flux through a closed surface is proportional to the net electric charge enclosed within it?
Answer: Gauss's Law

2. Who wrote the novel One Hundred Years of Solitude, which is considered a landmark of magical realism?
Answer: Gabriel García Márquez

3. Which treaty formally ended the First World War between Germany and the Allied Powers?
Answer: Treaty of Versailles

4. What is the term for a situation in which inflation is high, economic growth is stagnant, and unemployment remains significant?
Answer: Stagflation

5. Which enzyme is primarily responsible for unwinding the DNA double helix during replication?
Answer: Helicase

6. Which ocean current is primarily responsible for the relatively mild climate of Western Europe?
Answer: North Atlantic Drift

7. Who famously proposed the philosophical statement, "I think, therefore I am"?
Answer: René Descartes

8. What is the time complexity of searching for an element in a balanced binary search tree?
Answer: O(log n)

9. Which Indian painter is associated with the Bengal School of Art and is particularly known for the painting *Bharat Mata?*
Answer: Abanindranath Tagore

10. What is the name given to the boundary surrounding a black hole beyond which nothing, not even light, can escape?
Answer: Event Horizon

Students' Achievements

Young Innovators Shine at the National Gizmos India STEM Competition

Amanora School takes immense pride in celebrating the remarkable achievement of our talented students, Abhiraj Sharma and Mohammed Zainul Haq, who secured the Silver Medal at the National Level of the Gizmos India STEM Competition 2025–26, organised by the Yardstick Educational Initiative.

Competing in the Middle School Category at the National Finals held in April 2026, the duo impressed the jury with their innovative project, "Bicycle-Powered Vaccine Storage System for Rural Vaccine Transport." Their project presented a sustainable and practical solution to a critical healthcare challenge—ensuring the safe transportation of vaccines in remote areas with limited or no access to electricity.

Their achievement is a testament to their scientific curiosity, creativity, problem-solving abilities, and commitment to using innovation for social good. Their success brings immense pride to the Amanora community and exemplifies the spirit of young minds who dare to think differently and create meaningful solutions.

We congratulate Abhiraj and Mohammed Zainul Haq on this outstanding accomplishment and wish them continued success as they continue to innovate, inspire, and make a positive difference through their ideas.



The Story Corner



The Power of Emotional Balance

Emotional balance is the ability to understand and manage our feelings in a healthy and positive way. It does not mean that we should never feel sad, angry, worried or nervous. Instead, it means learning to handle these emotions calmly and wisely.

Emotional balance is important in our daily lives as it helps us think clearly, make better decisions and avoid overreacting in difficult situations. It also enables us to communicate effectively with our family, friends, teachers and classmates.

Understanding ourselves is an important part of emotional well-being. We should recognise how we feel and try to understand the reasons behind our emotions. Sharing our feelings with someone we trust can also help us feel supported and less worried.

Life brings challenges, disappointments and stressful situations. Emotional balance helps us remain calm, think positively and find appropriate solutions instead of giving up or reacting with anger. We should also be kind to ourselves and remember that mistakes are a natural part of learning and growing.

Simple habits such as taking deep breaths, talking to someone we trust, getting enough sleep, exercising regularly and spending time doing things we enjoy can strengthen emotional well-being.

Ultimately, emotional balance is a valuable life skill that helps us become calmer, happier, more confident and resilient individuals while building healthier relationships.

- Vedant Salunkhe,
Grade VIII 'D'



PARENT'S CORNER

The Power of Emotional Balance

Emotional balance is an essential part of a child's overall growth. While academic success is important, helping children understand and manage their emotions is equally vital. Emotional awareness enables them to recognise and express their feelings, while self-regulation helps them face challenges calmly and thoughtfully. These skills build resilience, strengthen relationships and support better decision-making.

As parents, we play an important role by modelling patience, empathy and emotional maturity. Children learn not only from what we teach them but also from how we respond to situations.

As they grow, children will encounter judgment, pressure, disappointment and demanding situations. They must understand that success is earned through focus, perseverance and consistent effort. Emotional balance does not mean suppressing emotions; it means understanding them and responding with wisdom.

I experienced this personally while watching my daughter go through her Board examinations. The anxiety and pressure were significant, but the care and support she



PARENT'S CORNER

received from the school gave me immense reassurance. Teachers were approachable, encouraging and attentive, helping students remain calm and focused during stressful moments.

What touched me most was the school's emphasis not only on marks but also on the children's emotional well-being and confidence. Knowing that my daughter was supported during such an important phase gave me great peace of mind. I remain deeply grateful to the school for making her Board examination journey reassuring and memorable.

- Mr. Boishali Arun,
Parent of Kavya Arun - Grade XI 'E'



Upcoming Events

- **Independence Day**
- **Tirangaa**