



**BHARATI VIDYAPEETH
RABINDRANATH TAGORE
SCHOOL OF EXCELLENCE**

Balewadi, Pune

THE BEACON

Volume 1, Issue 2, September– October 2023

NEWSLETTER



From the Editorial Board

We are thrilled to present yet another captivating issue of "The Beacon." We extend our heartfelt gratitude to each and every one of you for your warm welcome and wholehearted contributions. Your unwavering support and valuable feedback have been the guiding light on our journey.

"The Beacon" continues to shine brightly because of your dedication and involvement. Your contributions make each edition richer and more insightful. We look forward to your continued engagement as we strive to bring you meaningful content through our newsletter.

Thank you for being part of our community.

The Editorial Team



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EVENT TITLE: DIY Week

DATE: 15th September 2023

At BVRTSE, when engaged in activities that support **STEM learning**, young students can remain curious, focused, communicative, and active. It exercises the mind, encourages lateral and **logical thinking**, choosing from a range of solutions is an eye opener for students. Students explored simple stem learning such as making a Rocket and Balloon boat with parents. We are thankful to our **Parent volunteers** for providing opportunities to make observations and connections, **ask questions** about how things work, **building and creating solutions** to invent things through **DIY projects** and encouraging the students to share the STEAM learning with the class.

EVENT TITLE: 100 DAYS AT BVRTSE

DATE: 25TH SEPTEMBER 2023

It was a special day as we celebrated **100 days of school** for the academic year 2023-24. Our lil' ones made a special **100-Day Tie**. Children also completed a home assignment that had a representation of 100 and 10 sets of 10 things that make a 100. The class brainstormed and made their 100-item list that had names of friends, letters, numbers, colours and so on. They also came together as a team to Build 100 items.

*"There are Hundreds of Languages around the world, but a SMILE speaks them all!
Happy Hundred Days!"*

BE KIND
TO YOUR
MIND



EVENT TITLE:

A MINDFUL MORNING

DATE: 7TH OCTOBER 2023

Our **Pre-Primary** learners and parents joined us for an enlightening session on '**Being Mindful**'. The perfect ambience and the specially curated activities such as Brain Gym Exercises, Teddy Bear Mindfulness Breathing Session, and Being Grateful followed by Zentangle Art, helped them connect with themselves. The mindfulness session also included the academic team. This holistic experience incorporated soothing music, tranquil scents, and vibrant artistry using an array of colours to imbue each member with a sense of composure and sangfroid.



100 Days at BVRTSE

BVRTSE BEACON

Primary

Event Title: **STEM Challenge** Date: **8th September 2023**

"STEM Challenge Success: Parents and Students Unleash Their Inner Scientists"

The STEM Challenge was a dynamic event that encouraged families to collaborate on STEM projects. It was designed to be engaging and educational, with the primary aim of sparking curiosity and igniting a lifelong love for STEM subjects. Parents joined hands with the students to explore the fascinating world of Science, Technology, Engineering, and Mathematics (STEM).

This event was a resounding success, fostering creativity, teamwork, and a passion for learning among both children and adults. The STEM projects showcased innovative solutions, unique designs, and a profound understanding of the principles behind each challenge. One of the most valuable lessons learned during the STEM Challenge was the importance of trial and error. The presentations were filled with enthusiasm and pride as participants explained their processes and showcased their creations. We extend our heartfelt gratitude to all the parents, students, volunteers, and supporters who made this STEM Challenge a success.



Event Title: **Hindi Diwas**

Date: **14th September 2023**

Hindi Diwas is celebrated on 14th September, every year to promote the use and spread of Hindi language in India and around the world. Our students of Grades 1 & 2 celebrated '**HINDI SAPTAH**' by reciting poems in Hindi on various topics like nature, patriotism, Chandrayan 3 thereby emphasizing the importance of the Hindi language. The students of Grades 3, 4, and 5 presented a special assembly which began with a soulful prayer, followed by a few insights on the importance of "**Hindi- Our Raj Bhasha**".

STEM CHALLENGE



The highlight of the event was the spirited performance by our Grade 5 students, who presented a vibrant street play on '**Save Water,**' delivering a powerful message about preserving the Blue Gold. The Hindi Diwas celebration was a testament to our students' dedication and a perfect medium to promote the rich heritage and value associated with our national language.

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EVENT TITLE: GANESH CELEBRATION (PRIMARY)

DATE: 18TH SEPTEMBER 2023

“Ganpati Bappa Morya”

Morya is a way of expressing joy, devotion, and reverence towards Lord Ganesha.

Ganesh Chaturthi, also known as Vinayaka Chaturthi, marks the birth of Lord Ganesha, the elephant-headed Hindu God of wisdom and prosperity. The celebration began with the primary students showcasing their artistic talents through the creation of beautiful rangolis and swastikas on paper. The school courtyard transformed into a canvas of vibrant colours. One of the highlights of the celebration was the creation of handmade idols of Lord Ganesha using eco-friendly materials like clay and mud to promote environmental consciousness. The Ganpati celebration reached its crescendo with the torans made by our students. This taught them valuable lessons about respecting traditions and embracing diversity. It was a beautiful fusion of art, culture, and spirituality. It was a week filled with joy, unity, and the blessings of Lord Ganesha.



Event Title: Navratri celebration
Date: 20th October 2023

In vibrant hues, dance whispers of nine,
Navratri beats make a divine design.

As the air filled up with the rhythmic beats of Navratri, the learners of BVRTSE came together to honour the divine energy in their school during the Navratri celebration. The splendid event commenced with a lively interaction and the exchange of thoughts on the essence of good over evil. A mesmerizing display of traditional attire was followed by an energetic dance extravaganza.

An enlightening story was also shown to the learners to highlight the significance of the nine days of Navratri. All the learners embraced the joy of togetherness on the lively musical beats with their teachers and classmates. With its kaleidoscopic colours, rhythmic beats and spiritual fervour, all the learners celebrated the beauty of the diverse cultural landscape of India.



BVRTSE BEACON

EVENT TITLE: GANESH IDOL MAKING (MIDDLE SCHOOL)

DATE: 15TH SEPTEMBER 2023



“Ganpati Bappa Morya”

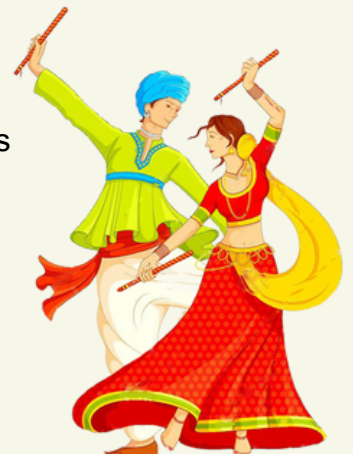
As a part of Ganpati celebrations, learners of Grade VIII actively participated in the process of crafting Ganesh idols. Ganesh idol making is a popular artistic and cultural activity in India, often associated with the Ganesh Chaturthi festival and at BVRTSE, a unique initiative was undertaken to promote artistic skills, cultural awareness, and environmental responsibility among the students. It aimed to provide students with hands-on experience in creating Ganesh idols, thereby fostering a deeper connection with Indian traditions and the environment. Learners were given a brief introduction to the significance of Lord Ganesha and the tradition of Ganesh idol making. They were then guided by our art teacher Ms. Vidya Shinde how to create the base, shape the idol, and add intricate details to represent Lord Ganesha accurately.



EVENT TITLE: Navratri Celebrations
DATE: 20th October 2023

Navratri is a significant Hindu festival that is celebrated for nine nights and ten days every year. The word "Navratri" translates to "nine nights" in Hindi. This festival holds immense importance in Hindu culture and has various significances associated with it.

The festival was celebrated by the students of Lower Secondary with glee and gusto. They were dressed in traditional attire following the colour code 'Green'. The students and teachers performed 'Garba' and 'Dandiya' on foot-tapping beats.



BVRTSE BEACON

EVENT TITLE: LRIMUN (IGCSE and AS)

DATE: 27th August 2023



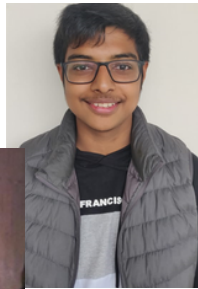
The halls of knowledge at BVRTSE buzzed with diplomacy, debate and global solutions in the recently concluded LIMUN conference hosted by the school.

From the General Assembly to specialized agencies and crisis committees, our delegates explored a wide array of topics ranging from climate change to cyber security.

Nandita Nair of Grade 10 received a Verbal mention for her exceptional participation and performance in UNCSW

EVENT TITLE: ElproMUN

DATE: 30th September 2023



Shaurya Jaiswal of Grade 11 participated in the ElproMUN 23 that was held on 29th and 30th September, part of the UNGA-2 ECOFIN committee as the delegate of Zimbabwe discussing the agenda "tackling the debt crisis in Africa", the committee successfully passed a Draft Resolution on the same.

He won '**High Commendation**' for showcasing excellent diplomacy in the MUN.

EVENT TITLE: TED Ed

DATE: 2nd September 2023

BVRTSE hosted its first TED-Ed event in September. The event highlighted the school's unwavering belief in the potential of young minds and their ideas to effect positive change in attitudes, lives, and the world. TED serves as the ideal platform to amplify the thought-provoking ideas generated by its students. **Nine students from grades 9, 10, and 11** took the stage to inspire the world with their galvanising speeches. These young speakers covered diverse topics, including the significance of music, effective communication, self-acceptance, time management, resilience, teenage depression, coping with nervousness, and financial literacy. It was indeed a golden opportunity for these emerging change-makers to voice their thoughts on crucial issues that demand attention. The event was graced by esteemed guests, including **Ms. Swapnali Vishawajeet Kadam**, the school's chairperson; **Mr. Dhaval Mehta**, Co-founder of TNI Career Counselling; and **Ms. Esther Indurkar**, a veteran communication coach, corporate trainer, and TED-x speaker.

TED Ed



BVRTSE BEACON

CREATIVE CORNER



Vedika Lad
KG1
(Eco-friendly Ganapati)



Harshvardhan Chauhan
Grade V C



Sara Kunte
K2-A

Nurturing Kindness-Community Service Initiative

I am kind

In celebration of my 11th birthday on 19th August, I started a community service group by the name of 'Nurturing Kindness'. We all are blessed in many good ways in our life so I thought that I, along with my friends and other children volunteers should spread some happiness around and help those who need our help.

Nurturing Kindness is a community service group which will be conducting charitable and other community service activities once every quarter. The members of this group will be children in the age group of **8 years to 14 years** primarily from Pune for now as the community help activities will be offline as well as online.

The first two initiatives of Nurturing Kindness have been completed by distributing fruits to **400 female students** of ZP school, Bavdhan, Pune and donating groceries to Samyak Mental Rehabilitation Centre, Balewadi, Pune.

The next group initiative will be conducted in October.

I'm looking forward to having all my friends and other children join me in this community service and spread happiness.

Please contact my mother Pooja Doshi 9920181895 to get yourself added to the WhatsApp group of 'Nurturing Kindness'.

Ishani Doshi
Grade 6B



PARENT'S PERSPECTIVE

Things I Learned from My Child About Life

Children are natural learners. They are curious about the world around them and they are always eager to explore and learn new things. As parents, we can learn a lot from our children. Here are a few things we could learn from them:

- **To be creative in finding solutions**- When children encounter a problem, they are not afraid to think outside the box and come up with creative solutions. We can learn from our children to be more resourceful and not give up easily.
- **To be unnecessarily happy**- Children are often happy for no reason. They find joy in the simple things in life, like playing with their friends or blowing bubbles. We can learn from our children to be more carefree and enjoy the present moment.
- **To not be busy all the time**- Children know how to relax and enjoy 'downtime'. They don't feel the need to be constantly busy. We can learn from our children to slow down and take some time for ourselves.
- **To forget what we want when we don't get it**- Children are not afraid to let go of things. When they don't get what they want, they quickly move on. We can learn from our children to be more resilient and not dwell on the things we can't control.
- **To be present and live in the moment**- Children are not burdened by the past or the future. They live in the present and enjoy each day to the fullest. We can learn from our children to slow down and appreciate the little things in life.
- **To be curious**- Children are naturally curious about the world around them. They ask questions and explore their surroundings. We can learn from our children to be more open-minded and never stop learning.

Learning from our children can be a rewarding experience. It can help us to become better parents, partners, and friends. So next time you are with your child, take a moment to pause and reflect on what they can teach you. You might be surprised at what you learn.

Here are some specific examples of how parents can learn the above things from their children:

- **To be present and live in the moment**: Parents can learn to be more present by taking time to play with their children, listening to their stories, and simply being in the moment with them.
- **To be curious**: Parents can learn to be more curious by asking their children questions about their day, their interests, and their thoughts. They can also encourage their children to explore their surroundings to learn new things.
- **To be creative to find solutions**: Parents can learn to be more creative by watching how their children solve problems. When children encounter a problem, they often come up with creative solutions that adults might not have thought of.
- **To be unnecessarily happy**: Parents can learn to be happier by simply spending time with their children. Children have a natural ability to find joy in the simple things in life, and parents can learn from them to do the same.
- **To not be busy all the time**: Parents can learn to slow down and take some time for themselves by observing how their children relax and enjoy downtime. Children know how to take breaks and enjoy the present moment, and parents can learn from them to do the same.
- **To forget what we want when we don't get it**: Parents can learn to be more resilient by watching how their children deal with disappointment. They can learn from their children to not dwell on the things they can't control.

Learning from our children is a lifelong journey. As our children grow and change, so will we. By being open to learning from them, we can become better parents, partners, and friends.

Puneet Gurnani

Father of Ojas Singh Gurnani 2-C

PARENT'S PERSPECTIVE

Leap towards stress-free parenting

Only a stress-free parent can ensure that the child has a healthy and happy life! Every child desires a congenial environment at home. Given a choice, they may prioritize convivial ambience over worldly pleasures. Parents can help children imbibe good values, eradicate personality defects, and make them good citizens, isn't it?

Parenting is a huge responsibility. Dealing with the kids in the right manner is a big challenge. While we have to agree that parenting is not a cakewalk and can get stressful at times, here are some tips that may help you manage the anxiety.

1. Communicate:

Communicate with the child often. This relieves the stress for both - the child as well as the parent. Children open up when their parents encourage them to convey their grievances, opinions, and thoughts. The parents will also find some solace and peace, having confided in the children.

2. Use words carefully:

Do not let your anguish and haste disturb your bond with the child. Stay away from negative and demotivating statements. While parents may forget after a while, it may scar the child's mind for long.

3. Appreciate:

Constantly finding faults in the children makes the situation tense for both parent and child. Instead, acknowledge their good qualities. This helps the children eliminate their personality defects.

4. Don't set high expectations:

The children are often found stressed, nestled under the parents' expectations. Though it is fine to encourage them to achieve what seems to be 'unachievable'; however, parents need to converse with them without pinpointing "expectations".

5. Don't compare :

Do not compare your child with other children. Every child is special in a unique way. Support and motivate them to excel.

According to many studies and research, stressful parents cause behavioural changes in children. Spend time with family, make your kids laugh, and release your stress too.

Keep the above-mentioned points in mind to minimize stress and ensure a happy childhood!



Written By:

Saumya Srivastava Ranjan
Mother of Riaan Ranjan 5A

PARENT'S PERSPECTIVE

Race Towards Friendship

Once upon a time, in the peaceful and lush greens of the 'Jim Corbett' jungle, lots of animals had gathered for a party. The monsoon was over, and it was a bright sunny day. The grass was greener and shining everywhere.

In this jungle lived two unique friends - Timmy Turtle and Robbie Rabbit. Timmy was a gentle and wise turtle, while Robbie was a quick and fun-loving rabbit. They knew each other and always found joy in each other's company.

As the jungle friends gathered the atmosphere started filling with excitement. The Georgi Giraffe came and suggested a friendly race of Timmy and Robbie.

All the animals gathered to watch the race and started cheering for their favourite contestants.

As the race began Robbie Rabbit sprinted ahead running as fast as he could, just like in the old times. Timmy Turtle, however, maintained a steady pace. After some time, Robbie got far ahead on the road. He turned and saw Timmy was far behind. So, Robbie thought of stopping at a carrot bush by the road for the tasty and fresh carrots. He ate carrots and decided to take a quick rest after a short nap.

When Robbie woke up, he realized that Timmy had outpaced him again. So he began running with his all strength, trying to catch up with Timmy. The race became intense. Both were now exhausted. As the finish line came closer they realized that they were missing out on the true essence of the journey. At that moment Robbie crossed Timmy and requested him to stop.

Timmy immediately understood what Robbie was saying Timmy said, "Let's not race just for the sake of winning; let's enjoy the race together."

They realised that this way both could have more fun. So, they finished the race together! All the other animals cheered for them and celebrated the newfound meaning of friendship. Then Robin took Timmy to the carrot farm. While going to this carrot farm they encountered a river. Timmy being kind offered Robbie a ride on his back.

They crossed the river realizing that their friendship was stronger than the competition. They spent the rest of their lives appreciating the simple joys of life.

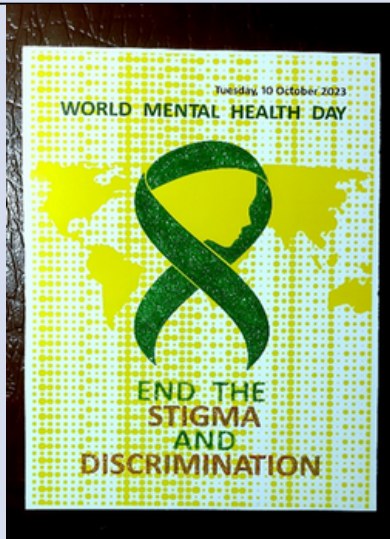
The moral of the story: **"Every individual is unique; we should make friends and enjoy life together."**

Writer:

Akshay Panchal

Father of Shlok Panchal K2A



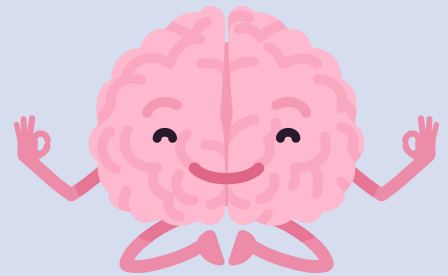


October 10th marks **World Mental Health Day**—a day dedicated to shedding light on the significance of mental health and emphasizing its importance. It is an opportunity to encourage open conversations about mental health, urging everyone to understand that seeking help is not just acceptable but commendable, regardless of the challenges they may be facing. The theme for World Mental Health Day 2023, **'Mental health is a universal human right,'** underscores the need to enhance awareness, knowledge, and initiatives that champion mental health as an essential human entitlement. Mental health is a basic human right for all people. Everyone, wherever and whenever they are, has a right to the highest attainable standard of mental health. This includes the right to be protected from mental health risks, the right to available, accessible, acceptable, and good quality care, and the right to liberty, independence, and inclusion in the community.

Good mental health is vital to our overall health and well-being. Yet one in eight people globally are living with mental health conditions, which can impact their physical health, their well-being, how they connect with others, and their livelihoods. Mental health conditions are also affecting an increasing number of adolescents and young people.

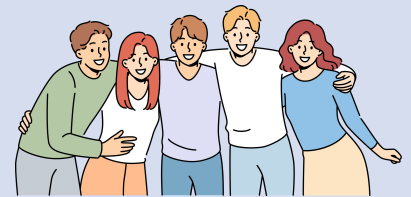
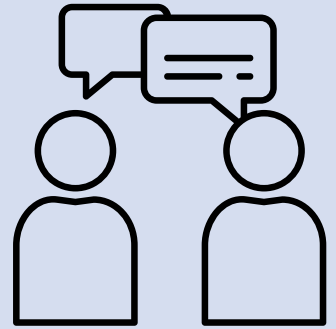
Having a mental health condition should never be a reason to deprive a person of their human rights or to exclude them from decisions about their own health. Yet all over the world, people with mental health conditions continue to experience a wide range of human rights violations. Many are excluded from community life and discriminated against, while many more cannot access the mental health care they need or can only access care that violates their human rights. The World Health Organization (WHO) and its partners persist in their efforts to advocate for, promote, and safeguard mental health. They work tirelessly to ensure urgent actions are taken to enable everyone to exercise their human rights and access the necessary quality mental health care. The 2023 World Mental Health Day is observed to spread awareness about our fundamental right to mental health.

As the world acknowledges this significant occasion, here at BVRTSE, we encourage everyone to prioritize their mental health by allocating time to nurture it.



There are some simple ways you can improve your wellbeing and boost your mood:

1. **Talk about your feelings:** Tell your friends and family about how you feel. Being listened to can help a lot.
2. **Keep active:** Physical activity, playing football or going for a walk is a proven way to keep yourself mentally well. Doing exercise makes us feel better because uplifting chemicals are released into our bodies. It also helps us concentrate and sleep better. It could be a great way to meet other people. If you join a walking or swimming group.
3. **Eat healthy food:** A balanced diet is really important to having good mental health. Research shows proof that there is a link between what we eat and our positive mental well-being.
4. **Keep in contact with friends and loved ones:** Being close to someone and being cared for has a huge impact on how we feel on a daily basis. Hence, it is important to make sure you text, email, video or meet up regularly. If you need more than just a chat with a family member or friend, then make contact with the experts.
5. **Think about seeing a therapist:** A therapist can really help you work through your problems. Visit the mental health professional (psychologist, psychiatrist and counsellor).
6. **Take a break:** Getting away from everyday life and having a short holiday or visiting friends can change the way you feel about things.



7. **Do something you enjoy:** Doing something that you're good at or just enjoy doing can help stop thinking about the negative or bad things that are going on. It can help you feel good about yourself when you have achieved a positive result.
8. **Accept who you are:** Accepting ourselves, including the good and bad points, helps us to see things differently. Have realistic expectations of ourselves and accept the things that we can't change.
9. **Care for others:** Looking after people or looking after a pet can make us feel useful and needed. It also gives a structure to our daily routine.
10. **Learn something new:** Learning something new can help you feel good about yourself. It can stimulate your mind and make you feel more confident.

11. Get involved: Being on your own and being isolated can make depression worse and cause low self-confidence. Start by going out more and perhaps try joining a group of people with similar interests. This will take your mind off your worries by being involved in interesting activities.

Securing mental health and well-being is essential for leading a fulfilling and purposeful life. Every individual deserves to live without facing stigma or discrimination, especially in educational institutions and work environments. Ensuring universal access to community-based mental health services and support is crucial. Specifically, providing early-life access to mental health resources can significantly impact the future health and well-being of both young individuals and adults. Prioritizing this support is key to overcoming associated taboos.

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<https://www.who.int/campaigns/world-mental-health-day/2023/>

[https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day#:~:text=World%20Mental%20Health%20Day%20\(10,what%20you're%20going%20through.](https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day#:~:text=World%20Mental%20Health%20Day%20(10,what%20you're%20going%20through.)

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Holistic Learning and Development



In our last communication, we gave you a glimpse into Holistic learning and everything it encapsulates at BVRTSE. In this issue, we are happy to share that our learners have delved deep into becoming aware of their emotions. They are using **mindfulness techniques** like mindful breathing to keep the slightly difficult feelings in control and be aware of themselves and everything around them.

They have also discussed and understood the meaning of virtues like kindness, honesty, responsibility, respect, patience, and generosity and formed connections between them. The inquiry into these values has been through activities, new and old, to provide a learning space wherein learners can share their ideas and knowledge freely and comfortably, and unknowingly learn from each other skills that are layered into the activities.

We know that the wind of change has started blowing, and this is evident from the smiles and the twinkle in the eyes of our learners!



Rachna Gupta

Lead-Holistic Learning and Development