



# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)

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## FOUNDER'S MESSAGE

*Reflecting on Growth, Preparing for the Future*

To the Esteemed Anand Niketan Shilaj Community,

As we progress through March, we recognise that while the academic year is concluding for some grades, we are steadily moving toward the culmination of AY 2024-2025. This period offers us a moment to reflect on the journey we have undertaken, the challenges we have overcome, and the milestones we have achieved together.

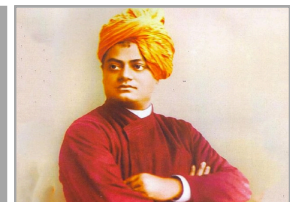
At Anand Niketan, our vision extends beyond academic excellence. We are committed to shaping individuals who are inquisitive, compassionate, and prepared for the ever-evolving world. Our students continue to showcase resilience, creativity, and a passion for learning—attributes that define the very essence of our institution.

As we move forward, let us encourage our children to remain dedicated, embrace new opportunities, and cherish the invaluable experiences that contribute to their growth. Wishing everyone continued success as we approach the final months of this academic journey.



**-Shri Kamal Mangal**

*Founder, Anand Niketan Group*



“  
*Alone we can do so little;  
together we can do so much.*

**— Swami Vivekananda**

## DIRECTOR'S MESSAGE

*Celebrating Milestones, Preparing for the Future*

Dear Anand Niketan Shilaj Family,

As we approach the final stretch of this academic year, it is a time to celebrate progress, acknowledge efforts, and look ahead with optimism. Each milestone—whether in academics, sports, arts, or leadership—reflects the dedication and resilience of our students, guided by the unwavering support of our teachers and parents.

With the Annual Day celebrations concluded and another successful year drawing to a close, we now focus on self-reflection, perseverance, and continuous growth. Exams are not just assessments but stepping stones that help students develop discipline, confidence, and a deeper understanding of their capabilities. I encourage each student to approach this phase with calmness, determination, and a belief in their potential.

As a school, our commitment remains to nurture well-rounded individuals who are critical thinkers, compassionate leaders, and lifelong learners. Let's work together to ensure that each child feels supported, empowered, and inspired to embrace the future with confidence.

Wishing all our students who are preparing for their assessments the very best—may you approach them with clarity, focus, and self-belief. Keep striving, keep learning, and most importantly, enjoy the journey!



**-Ms. Lamiya Shums**

*Director, Anand Niketan Shilaj Campus*

# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)

## PRINCIPAL'S MESSAGE

Dear Parents and Guardians,

As we move into March, we recognise it as a time of growth and progress rather than just a conclusion. While some students will transition to the next phase of their academic journey, learning at Anand Niketan Shilaj continues in full force. This is a month to reinforce our commitments, set new goals, and sustain the momentum of achievement. Let us keep our curiosity alive, our efforts unwavering, and our aspirations high. I look forward to seeing our students thrive as they continue their educational pursuits with passion and perseverance.

A heartfelt thank you to all our parents for their unwavering support, encouragement, and partnership in nurturing our students' success. Your involvement and dedication play an integral role in their growth, and we are truly grateful for your trust in us.

Warm regards,

**Ms. Tanu Mangla**

Principal, Anand Niketan Shilaj Campus

"WHEN YOU TRANSPORT SOMETHING BY CAR, IT'S CALLED SHIPMENT. BUT WHEN YOU TRANSPORT SOMETHING BY SHIP, IT'S CALLED CARGO."

## Answer to Last Month's Riddle (February Edition):

The more you take, the more you leave behind. What am I?

**Answer: Footsteps**

**Congratulations to our Winner! Parent: Riddhi Desai Child: Dhriya Desai Section: K2-E**

## PUZZLE OF THE MONTH

- I can be cracked, made, told, and played. What am I?

**Send your answers to [ansh.newsletter@anandniketan.edu.in](mailto:ansh.newsletter@anandniketan.edu.in) and get a chance to be featured in our next edition!**

## CAMPUS CHRONICLES: HIGHLIGHTS OF FEBRUARY

### EARLY YEARS SPOTLIGHT

#### **EXPLORING SCIENCE: AIR PRESSURE EXPERIMENT**

Our **K1 and K2** Students had an exciting hands-on experience during the Air Pressure Experiment, where they discovered how air pressure can lift weight! This engaging activity helped them understand the force and impact of air pressure in real-life applications, sparking curiosity and scientific thinking. Learning through experiments makes science both fun and meaningful!



# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)

## YOUNG SCIENTISTS EXPLORE REFRACTION!

Our **Nursery, K1 and K2** Students had a fascinating time exploring the Refraction Experiment, where they observed how the change in the medium of light affects the image of an object. This hands-on activity sparked curiosity and wonder, making early science learning both fun and engaging!



## A FUN-FILLED TRIP TO MONTE CARLO OXYGEN PARK!

The **K1 and K2** Students had a wonderful time exploring Monte Carlo Oxygen Park, enjoying nature and the fresh air. This exciting trip provided them with a chance to connect with the environment, engage in fun activities, and create lasting memories!



## LITTLE EXPLORERS AT SUNDARVAN!

Our **Nursery Students** had a delightful day at **Sundarvan**, where they explored nature, observed animals, and learned about different species in a fun and interactive way!

### Key Highlights:

- Observing vibrant birds & playful monkeys
- Watching turtles, snakes & other reptiles
- Connecting with nature and its wonders

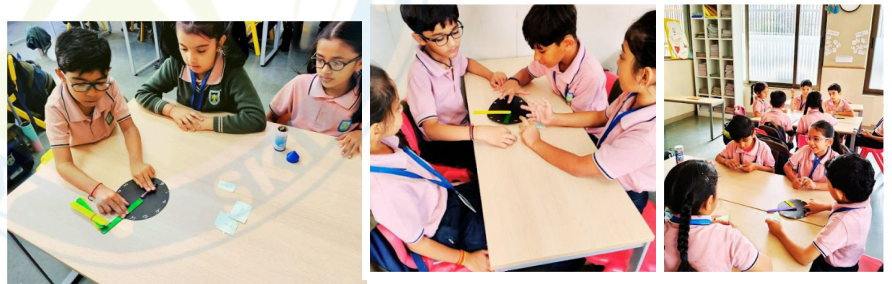


This **outdoor learning experience** sparked **curiosity and joy**, making it a **memorable adventure** for our little ones!

## TICK-TOCK, LEARNING NEVER STOPS!

Our **Grade 1** Students had an exciting time **learning to read an analog clock!** Through fun and interactive activities, they explored how time shapes their daily routines—from **waking up to playtime and bedtime.**

This hands-on learning experience not only strengthened their **time-telling skills** but also introduced them to **time management and responsibility.**



Great job, young timekeepers! Keep shining and learning!

## EXPLORING WORDS WITH THE FRAYER MODEL!

Our **Grade 2** Students eagerly explored the Frayer Model to expand their vocabulary! Using **dictionaries and creative thinking**, they examined **definitions, examples, characteristics, and usage** to deepen their understanding of new words.

This interactive activity enhanced their **critical thinking, comprehension, and language skills**, making learning both fun and meaningful!



# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)

## EXPLORING THE SENSES!

Our **Grade 3** Students embarked on an exciting **science activity** to experience the wonders of their **sense organs firsthand!**



Working in pairs, one student was blindfolded while the other presented items to **smell, hear, and taste**. Through this interactive experiment, they discovered how their **nervous system processes sensory information**, helping them understand the world around them.

A fun and engaging way to learn through experience!

## SPROUTING CURIOSITY, GROWING MINDS!

Our enthusiastic **Grade 4** Young Scientists embarked on an exciting journey into the world of seeds and sprouts today! With eager hands and curious minds, they planted tiny seeds and observed the first signs of life, witnessing the magic of germination up close.



This hands-on experience not only deepened their understanding of the **plant life cycle** but also taught them valuable lessons in care, patience, and environmental responsibility. From a single seed to a thriving plant, every sprout became a symbol of growth, learning, and the beauty of nature!

## CELEBRATING INDIA'S NATIONAL SYMBOLS!

Our **Grade 3** Students embarked on an exciting exploration of India's national symbols in the Thinkroom as part of their Social Studies learning. Through an engaging activity, they discovered the significance of these symbols—from the majestic National Flag to the graceful National Bird—and understood their deep connection to our identity and heritage.



This hands-on experience was not only informative but also a celebration of our nation's pride!

## CELEBRATING INDIA'S NATIONAL SYMBOLS!

Our Young Explorers in **Grade 4** embarked on an exciting journey of imagination and discovery! In a dynamic group activity, each team selected a dream destination and worked together to design a fun-filled 3-day itinerary based on their individual research.



From famous landmarks and local cuisines to thrilling adventure activities, these budding travel planners crafted the perfect getaway! Through this engaging experience, students not only sharpened their research and teamwork skills but also enhanced their creativity and critical thinking while gaining a deeper understanding of the world's diverse cultures and places.

# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)

## ASSEMBLY ON KINDNESS: SPREADING JOY AND COMPASSION!

The Students of **Grade 2D** captivated the audience with a heartwarming assembly on the theme "**Kindness.**" Through mesmerizing performances, including Bharatanatyam, gymnastics, and a delightful puppet show, they beautifully conveyed the importance of compassion and empathy.



The assembly concluded with a vibrant dance performance, leaving everyone inspired and filled with joy. What made this event even more special was that it was entirely planned and executed by the students themselves, fostering independence and confidence!

A big applause to our young performers for spreading kindness through their creativity and teamwork!

## EXPLORING THE PAST, DRIVING THE FUTURE!



Our **Grade 3** Students had an exciting and educational field trip that took them on a journey through the fascinating world of automobiles! More than just marveling at sleek cars, they explored the evolution of automobiles, gaining a deeper understanding of how engineering and technology have shaped the world we live in today.

The trip not only sparked curiosity about the progress made in the field of transportation but also inspired our young learners to think about the future of technology, innovation, and sustainable engineering. With a newfound excitement, the students are now more eager than ever to learn about the future of tech and the endless possibilities it holds!

## EMBRACING UNIQUENESS & CELEBRATING ACHIEVEMENTS!

The talented Students of **Grade 4F** led an inspiring assembly, celebrating individuality and self-worth. Through a captivating blend of shloka, poems, drama, and dance, they beautifully conveyed the message—"Everyone is Unique and Special in Their Own Way."

The assembly served as a heartfelt reminder to embrace differences and appreciate the beauty of diversity. It was a powerful and uplifting experience that left a lasting impact on everyone present.



Kudos to our young stars for spreading such a meaningful message with creativity and confidence!

## PLAYTIME PERFECTION!

Our **Grade 4A and 4C** Students were beaming with joy as they came together for an exciting game of Pickleball! This fun-filled activity not only brought out their competitive spirit but also helped develop crucial skills such as hand-eye coordination, teamwork, and social interaction.



Watching them engage, collaborate, and enjoy the game was truly delightful! Playtime has never been so energetic and enriching!

# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)

## **NOURISHING BODIES & HEARTS!**

Our amazing **Grade 2-4** students came together to prepare and serve a wholesome breakfast to their classmates, embracing the values of sharing and teamwork!

This hands-on activity allowed them to not only discover the benefits of healthy eating but also experience the joy of kindness and collaboration.



### **Key Takeaways:**

- How nutritious food helps keep us strong and energised
- The importance of making healthy choices for overall well-being
- The power of teamwork and supporting each other

It was a fulfilling experience that nourished both our bodies and hearts!

## **A DAY OF WONDER AND INSPIRATION!**

Our **Grade 2** students had an enchanting visit to the Shreyas Foundation Museum, where they immersed themselves in India's rich cultural heritage.

From intricate textiles and embroidery to traditional artifacts, the students marveled at the stories of our diverse communities. The art and ceremonial masks sparked their curiosity, while the exquisite jewelry and pottery showcased the exceptional creativity of Indian artisans.

The highlight of the day was the awe-inspiring elephant skeleton, which left everyone in awe!

The vibrant displays offered an unforgettable journey into the history and traditions that make our culture so unique. It was a day filled with learning, discovery, and inspiration, igniting curiosity in our young minds!

## **STUDENTS EXPLORE THE KHOJ MUSEUM**

Our **Grade 4** students had an unforgettable day at the Khoj Museum in Ahmedabad! This incredible interactive, science-focused museum is all about blending creativity, innovation, and education. From hands-on activities to engaging workshops, the experience was truly one-of-a-kind!

Here's what our young explorers discovered:

- **Water Cycle & Hydroelectricity:** Students learned about the amazing journey of water and how it powers our world!
- **Soil Filtration:** They saw how clear water can be filtered through layers of soil – science in action!
- **Centrifugal Force:** Fun experiments, including making fountains with straws and bottles!
- **Animation Techniques:** Our curious minds explored the magic behind animations and the technology that brings them to life!



It was a day filled with creativity, innovation, and lots of fun learning! Our students left inspired and excited to keep exploring the wonders of science and technology!



# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)

## IGNITING YOUNG MINDS!

Our **Grade 3 to 8** students had an out-of-this-world experience during the Space Session Workshop, where they delved into the science behind rockets—the ultimate space vehicles!

From designing and testing their own rockets to launching them with different fuels, our young space enthusiasts took a giant leap towards turning their dreams of reaching the stars into reality!



This hands-on experience sparked curiosity, fostered innovation, and inspired the next generation of astronomers, engineers, and space explorers!

## FIELD TRIP TO MUNDRA – EXPLORING INNOVATION AND INDUSTRY

Our **Grade 9 and 11** Girls, followed by the Boys, had an enlightening industrial visit to the Solar Power Plant, Wind Power Plant, and Ports in Mundra, where they gained valuable insights into large-scale business operations.

The primary objective of organising these visits was to spark curiosity and inspire young minds to develop an interest in diverse industries. By experiencing firsthand the scale and impact of these enterprises, students were encouraged to think big and aspire to achieve great things in their future careers.

This hands-on experience not only broadened their understanding of sustainable energy and global trade but also motivated them to dream big and pursue careers in innovation and industry!

## FIELD TRIP TO VIKRAM SARABHAI COMMUNITY SCIENCE CENTRE – EXPLORING PI AND GRAVITATIONAL FORCE



Our **Grade 8** students had an enriching experience during their visit to the Vikram Sarabhai Community Science Centre, where they delved into the fascinating topics of the Derivation of Pi and Gravitational Force.

### **The trip was filled with:**

- **Hands-on activities** that brought scientific concepts to life
- **Demonstrations** that illustrated key principles in physics
- **Interactive exhibits** to engage and challenge their understanding
- **Model-making** to visualise and experiment with scientific theories

This immersive experience not only deepened their knowledge of these fundamental concepts but also ignited their curiosity and passion for science!



# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)

## **BEST WISHES TO OUR ICSE AND ISC STUDENTS**

**Dear Students,**

You have worked tirelessly, and now it's your time to shine! Believe in yourself, stay focused, and give it your absolute best. All the best for your board exams.



Remember, exams are not a test of your worth, but a reflection of your preparation. You are prepared, you are capable, and you are ready to excel! You've got this!

Keep your cool, stay hydrated, and don't forget to breathe! You've put in the effort, and now it's time to showcase all that you've learned. Go ace those exams!

**ALL THE BEST!**

## **FAREWELL TO GRADE XII STUDENTS**

**Dear Students,**

As you stand at the threshold of this exciting new chapter in your lives, we cannot help but feel a sense of pride, nostalgia, and hope. Your journey at Anand Niketan Shilaj has been one of growth, discovery, and transformation.

We are incredibly proud of the individuals you have become—confident, compassionate, and curious. We are thankful for the memories we've shared, the laughter, the tears, and the countless moments of triumph.



As you move forward, remember that the lessons you've learned here—perseverance, teamwork, and resilience—will guide you in the years ahead. Hold on to the values of empathy, kindness, and integrity that have brought you this far.

## **TIPS FOR YOUR NEXT ADVENTURE:**

**Stay Curious** – Learning doesn't stop with school; explore, ask questions, and never stop growing.

**Read Widely** – Books, articles, and experiences shape perspectives and expand horizons.

**Set Goals** – Dream big, work hard, and take steps every day toward your aspirations.

**Stay Connected** – Cherish friendships, reach out to mentors, and never hesitate to seek guidance.

**Make a Difference** – Whether big or small, your actions matter. Strive to leave a positive impact wherever you go.

**Manage Time Wisely** – College and work life come with new responsibilities; balance is key.

**Embrace Challenges** – Every challenge is an opportunity to grow; don't fear failure, learn from it.

**Prioritise Well-being** – Take care of your mental and physical health—happiness fuels success.

**Stay Grateful** – Appreciate the people and experiences that have shaped you, and always give back.

Remember, **once an Anand Niketan Student, always a part of our family!**

**WISHING YOU SUCCESS, HAPPINESS, AND ENDLESS OPPORTUNITIES AHEAD!**



# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)

## STUDENT ACHIEVEMENTS: SPOTLIGHT ON EXCELLENCE

FABULOUS FALCON: WINGS OF RESPECT, FEATHERS OF KINDNESS!

As we step into March, we reflect on February's successes and continue to celebrate the values that make our school a thriving community. The Fabulous Falcon Awards honour students who embody the core values of respect, responsibility, and a strong sense of belonging, transforming our school into not just a place of learning but a second home.

### THE THREE PILLARS OF RESPECT

- Respect for Self
- Respect for Others
- Respect for Property



- **Respect for Self:** Risheek Pherwani(1-F), Isabel Parmar(2-F), Harvi Patel(3-F), Charvi Panchal(4-D), Hiya Patel(5-C), Zoya Panjwani(6-F), Ananya Ganatra(7-B), Adheesh Pandya(8-E), Aarnav Grover(9-A).
- **Respect for Others:** Aanvi Modi(1-E), Rivaan Shah(2-C), Rishika Kothari(3-A), Arnav Patel(4-F), Jiy Ghiya(5-B), Bhavya Bajaj(6-E), Dristi Shah(7-E), Aarna Saluja(8-D) Mayuri Dahate(9-B).
- **Respect for Property:** Neel Patel(1-B), Divyansh Rajani(2-D), Jey Raval(3-C), Vedanshi Patel(4-A), Sanvi Barot(5-C), Yatri Bhimba(6-B), Ameer Acharya(7-D), Erin Prashant Varma(8-B), Nidhi Arora(9-D).

March Focus: Let's continue to nurture these values as we create an environment where every student feels valued, respected, and empowered to make a difference.

**STAY TUNED FOR THE APRIL EDITION OF THE FABULOUS FALCON AWARDS, AS WE SPOTLIGHT MORE YOUNG ACHIEVERS WHO SOAR HIGH ON THE WINGS OF RESPECT AND KINDNESS!**

# MONTHLY NEWSLETTER

## EDITION - 3 (MARCH 2025)

### ACHIEVEMENTS

#### CELEBRATING EXCELLENCE: SOF OLYMPIAD MEDAL WINNERS!

We are proud to announce the outstanding achievements of our students in the SOF Olympiads, showcasing their excellence in English and General Knowledge at both the Zonal and School levels.

- **Zonal Medal Winners – IEO (International English Olympiad)** (GOLD MEDAL OF DISTINCTION + CERTIFICATE OF DISTINCTION)

Tathya Shandilya(Grade-3),  
Daivik Abhishek Salecha(Grade-4)

- **School-Level Medal Winners – IEO (GOLD MEDAL OF EXCELLENCE)**

**(Grade-3):** Swara Dhoble, Kailash Gole, Alaisha Harsh Patel, Jia Shah, Maurya Kinjal Shah, Divit Vikey Gangwani, Prina Simariya, Adamyia Gautam, Pransh Harsh Patel.

**(Grade-4):** Rijjwal Agrawal, Yashovardhan Singh, Eva Ankola, Hrisha Parikh, Hrihaan bhumik Sheth.

**(Grade-5):** Ranvijay Yadav, Kavish Daxesh Patel, Jenika Patel.

**(Grade-6):** Rudra Tomar, Mahi Maurya, Ananya Vekariya, Kenisha Brahmhatt.

**(Grade-7):** Samya Maulik Panchal, Vedaant Venkataraman, Reine Rajendra Patni.

**(Grade-8):** Taksh Keyur Shah.

- **Zonal Medal Winners – IGKO (International General Knowledge Olympiad)** (GOLD MEDAL OF DISTINCTION + CERTIFICATE OF DISTINCTION + CERTIFICATE OF ZONAL EXCELLENCE)

Tathya Shandilya(Grade-3)

- **School-Level Medal Winners – IGKO (GOLD MEDAL OF EXCELLENCE)**

**(Grade-3):** Maurya Kinjal Shah, Kailash Gole, Rihansh Zaveri, Jahal Gaadhe, Adamyia Gautam, Kiaan Hiren Patel, AumDev Hindocha

**(Grade-4):** Yashovardhan Singh, Agamjot Kaur Bandai, Aarav Shah.

**(Grade-5):** Aarav Vicky Patel, Tathya Smitan Brahmhatt, Ranvijay Yadav.

**(Grade-6):** Rudra Tomar, Jayditya Champaneri, Aarohi Sandeep Dhyani.

**(Grade-7):** Jinal Sharma, Samya Maulik Panchal, Riona Rajendra Patni.

**A huge congratulations to all our achievers for their dedication and perseverance! Your success is an inspiration to the entire Anand Niketan Shilaj family. Keep striving for excellence!**

#### KHEL MAHAKUMBH 2024-25: CHESS DISTRICT LEVEL ACHIEVEMENTS

Our talented chess players showcased their strategic brilliance at the Khel Mahakumbh 2024-25, securing top positions at the District Level:

- **Under-11 Girls – Harshita Bansal (2nd Place)**
- **Under-14 Girls – Aarna Saluja (3rd Place)**
- **Under-17 Girls – Nandini Bhimrajka (1st Place)**

#### KHEL MAHAKUMBH 3.0: KARATE CHAMPIONS

Our students showcased outstanding skill and determination at Khel Mahakumbh 3.0, bringing home multiple Gold medals in Karate:

##### Under-14:

Jenika Patel (Grade 5D) – 34-38kg  
Aanya Patel (Grade 7C) – 42-46kg

##### Under-17:

Hrisha Patel (Grade 10D) – 44-48kg  
Miti Apkare (Grade 9E) – 52-56kg  
Congratulations to our champions for their remarkable achievements and for making Anand Niketan Shilaj proud!



#### KHEL MAHAKUMBH 3.0: LAWN TENNIS ACHIEVEMENTS

Our students showcased exceptional talent and determination at the District Level Khel Mahakumbh 3.0 in Lawn Tennis (Under-17 Girls):



**Vedanshi Shah (Grade 12A) – Silver (2nd Position)**  
**Vani Shah (Grade 8C) – 4th Position**



**Divyansh Rajani (Grade 2D)** won 1st place in the Under-9 category at the Open Gujarat Chess Tournament, organised by Chess Swadesh Foundation Charitable Trust

# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)



**Paavi Maloo (Grade 7F)** secured 3rd place in Athletics (U-14) at Khel Mahakumbh 3.0, showcasing remarkable determination and skill.



**Aarya Parth Kanani (Grade 1B)** won a Gold Medal at the 163rd Regional Abacus Competition held in Ahmedabad.



**Bianca Dalwadi** received an Appreciation Letter from Gujarat Chief Minister, Bhupendra Patel, for her exceptional achievement as the World's Youngest Java Programmer at just 7 years old.

**Divyansh Rajani (Grade 2D)** became the Champion in Chess (Under-9 Boys) at PSSF Season 3. 🏆



**Avyan Patel (Grade 2A)** won a Gold Medal in Kumite at the 19th ISKU International Karate Cup 2024.



**Pranvi Maloo (Grade 2D)** secured 2nd place in Parkour & Gymnastics at Eklavya Sports Academy.



**Kavya Bhatt (Grade 1B)** secured the Champion's Trophy in Abacus Level 1, showcasing outstanding mathematical skills.



**Adamyia Gautam (Grade 3D)** won a Silver Medal in the 2x2 cube and a Bronze Medal in the 3x3 cube at the SFA Championship in Speed Cubing.



**Navya Pathak (Grade 5A)** won a Silver (1000m) and Bronze (500m) Medal at the Khel Mahakumbh District Skating Championship.



**Adamyia Gautam (Grade 3D)** won a Gold Medal in Individual Kumite at the USKY West Zone Independence Karate Cup 2024.



**Kayra Shah (Grade 1A)** won a Bronze Medal in the U-9 category at the Court Clash Badminton Tournament held in Ahmedabad.



**Anaysha A. Patel (Grade 3A)** reached the U-11 Lawn Tennis Semi-Finals, securing 4th place, while **Neeva A. Patel (Grade 2A)** advanced to the U-11 Quarter-Finals at the Khel Mahakumbh Tournament.

# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)



**Tamanna Gogia** won Gold in both 500m and 1000m Skating at the Khel Mahakumbh District Championship.



**Heer Gohil (Grade 6F)** won Gold in both 500m and 1000m Skating at the Khel Mahakumbh District Championship.



**Shaival Shah (Grade 3A)** won Silver in both 500m and 1000m Skating at the Khel Mahakumbh District Championship.

**Riana Parth Patel (Grade 2F)** secured Second Runner-Up at the National Level Genius Kid Mind Sports Championship.



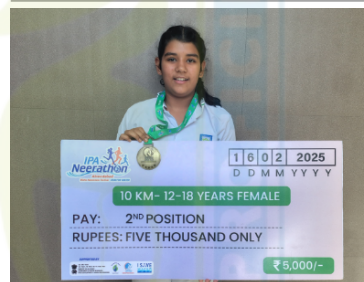
**Samya Panchal (Grade 7B)** became the youngest girl in the world to complete the Chadar Trek in just 3 days at the age of 11, surpassing the usual 4-day requirement with exceptional strength and determination.



**Namasvi Patel (Grade 11)** secured 3rd place in the Ahmedabad Regional Brain Bee Neurosciences Contest at Marengo CIMS Hospital, demonstrating exceptional knowledge and dedication.



**Siddhrajsinh Parmar (Grade 9)** secured 5th place in the Indian Space Science Olympiad held at the Indian Institute of Science (IISc), Bangalore, showcasing remarkable talent and passion for space science.



**Samya Panchal (Grade 7B)** secured second place in the 10 km marathon held in Ahmedabad, raising awareness about water conservation with remarkable dedication and effort.



**Reyan Patel (Grade 3C)** was a Semi-Finalist in the GSTA Tournament (U-10 category) held at Kabir Tennis Academy.



**Mivaan Vishal Patel (Grade 2E)** won the Champion Trophy at the 163rd Regional Abacus Competition held in Ahmedabad.



**Bianca Dalwadi (Grade 9B)** is featured in the book "Anokhi Safar - Gatha Gauravvanti Gujaratni," recognising her remarkable journey. She was honoured with an award by Shri Yogeshbhai Gadhvi (Folk Litterateur) and Shri Ketanbhai Trivedi (Digital Editor, Chitralkha) for her exceptional achievements.

# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)



**Virajsinh Parmar (Grade 5D)** secured Gold (30-35kg) in Karate (U-14) at Khel Mahakumbh 3.0.



**Harshita Bansal (Grade 2D)** secured 3rd Rank in Chess (Under-9 Girls) at PSSF Season 3.

**Aavya Shah (K-1 A)** showcased her artistic talent by winning in the Drawing and Colouring event Creativita, organised by The School Post.



**Heer Gohil (Grade 6F)** won a Silver Medal in 400m and Bronze Medal in 600m Speed Skating at the 3rd Roller Athletic National Championship (U-12) held in Virar, Maharashtra.

**CONGRATULATIONS TO ALL OUR STARS FOR THEIR REMARKABLE ACHIEVEMENTS!**

## EXCITING ANNOUNCEMENT: SISTER SCHOOL PARTNERSHIP WITH GLOBAL SCHOOL ALLIANCE

We are proud to announce the extension of our collaboration with the Global School Alliance through the **Sister School Partnership – Student Exchange Program**. This initiative is designed to provide our students with purpose-driven learning experiences, aligning with the **United Nations Sustainable Development Goals (SDGs)**. Through meaningful cross-cultural exchanges, our students will collaborate with international peers, explore real-world challenges, and develop solutions for a more **sustainable and inclusive future**.

This partnership will not only enhance global awareness but also foster critical thinking, creativity, and leadership skills among students. By working on shared projects and engaging in international dialogues, they will gain firsthand experience in solving global issues through collaboration and innovation. Students will participate in immersive learning experiences, including virtual exchanges, joint sustainability projects, and leadership initiatives that encourage them to think beyond borders.

As a school, we are committed to providing **experiential learning opportunities that prepare our students for the future**. This program will empower them with the knowledge, empathy, and problem-solving skills needed to become global citizens who drive positive change in their communities and beyond. We look forward to witnessing the impact of this partnership and celebrating our students' achievements on a global platform.



**STAY TUNED FOR MORE UPDATES ON THIS TRANSFORMATIVE JOURNEY!**

# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)



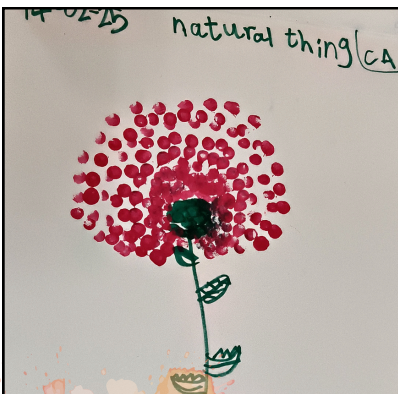
Aarham Shah (10-E).



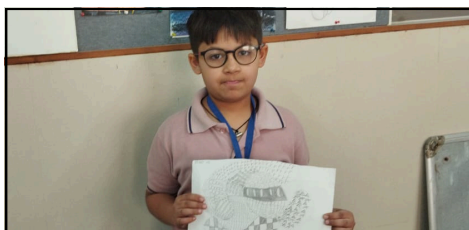
Dhiaan Patel (Nursery-A).



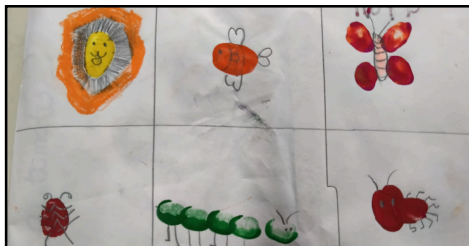
Oishi Gattani (9-A).



Aarya K2-C



Hriday (4-B).

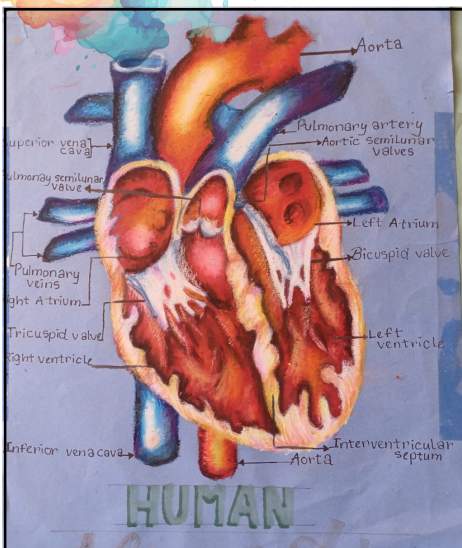


Rysha Bhavsar (K1-D).



Yashita Agrawal (10-B).

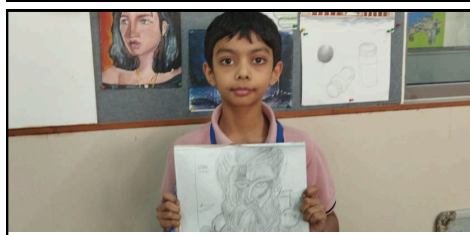
## ART ROOM: BRUSHSTROKES OF EMOTION



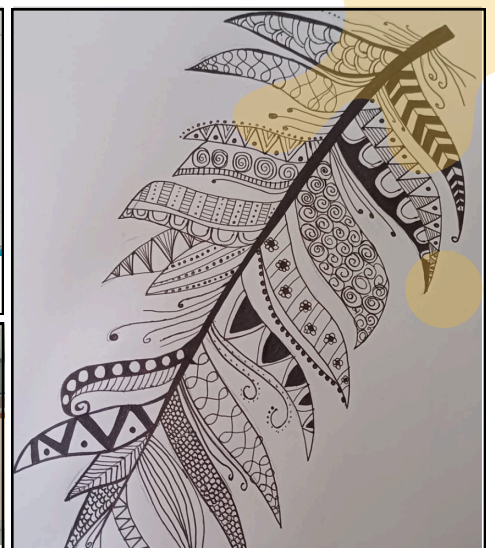
Haley mehta (10-B).



Riyanshi Patel (K2-E).



Rakshit (4-F).



Aayushi Sakariya (10-E).

# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)

## EHSAAS: EMPOWERING HEARTS, ENRICHING LIVES

SAMARPAN-GIVING IS LIVING

This February, through our Ehsaas: Empowering Hearts, Enriching Lives initiative, our students extended their generosity by sharing their birthday gifts with children from nearby Municipality schools during the Ehsaas Visit. Their selfless acts of kindness continue to bring joy, hope, and valuable lessons in empathy and giving.

We proudly recognise the Ehsaas Award recipients for February for their exceptional compassion and generosity. A heartfelt thank you to our parents for instilling these values in our students. Together, we are nurturing a future built on kindness, empathy, and social responsibility.



**Celebrating Compassion: February Ehsaas Award Winners:** Shivaay Goal(1-D), Ziva Chandwani(2-C), Aarvi Patel(K2-B), Dhrisha Joshi(3-A), Mishri Maheswari(4-D), Ayaan Roy (4-C), Niyansh Shah(K2-B), Moksh Kamdar(3-C), Ruhansh Joshi(K1-B), Atharva Kshatriya(3-C), Riyansh Ajmera(4-E), Chahat Modi(3-A), Dhyana Shah(4-A), Zoya Asif Panjwani(6-F), Neeva Domadia(4-A), Navya Domadia(4-A), Parthan Dave(2-C), Freya Thakkar(4-D), Naira Udhani(1-B).

**March Focus:** Let's continue spreading love and care through our actions and inspire others to make a positive difference in the lives of those in need.

*"No act of kindness, no matter how small, is ever wasted."*  
- Aesop

# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)



## DAKSH: NURTURING SKILLS, IGNITING POTENTIAL!

Daksh is a dynamic initiative designed to extend learning beyond the formal curriculum, offering students opportunities to explore, innovate, and excel in various domains. Through a structured program of skill-based activities, Daksh nurtures creativity, critical thinking, leadership, and problem-solving abilities. Whether in academics, arts, sports, or technology, students engage in hands-on experiences that foster independent learning and personal growth. By participating in Daksh, students develop a deeper understanding of their interests, build confidence, and prepare themselves for future challenges, all while embodying the school's vision of holistic education.





# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)

## ACTION FOR HAPPINESS

MINDFUL MARCH – CULTIVATING POSITIVITY AND WELL-BEING

At Anand Niketan Shilaj, we believe that fostering happiness and mindfulness can create a strong and supportive community. This March, let's embrace positivity in our daily lives, cultivate gratitude, and make mindful choices that enhance our well-being and relationships.



Here's a calendar filled with simple, mindful actions for each day of the month. From practicing deep breathing to expressing gratitude, each mindful act can create a ripple of positivity and emotional well-being.

**Mindful March 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Notice how you speak to yourself and choose to use kind words	2 Bring to mind people you care about and send love to them	3 If you find yourself rushing, make an effort to slow down	4 Take three calm breaths at regular intervals during your day	5 Set an intention to live with awareness and kindness	6 Notice three things you find beautiful in the outside world	7 Start today by appreciating your body and that you're alive
8 Stay fully present while drinking your cup of tea or coffee	9 Listen deeply to someone and really hear what they are saying	10 Pause to watch the sky or clouds for a few minutes today	11 Find ways to enjoy any chores or tasks that you do	12 Eat mindfully. Appreciate the taste, texture and smell of your food	13 Take a full breath in and out before you reply to others	14 Get outside and notice how the weather feels on your face
15 Have a 'no plans' day and notice how that feels	16 Cultivate a feeling of loving-kindness towards others today	17 Focus on what makes you and others happy today <small>dayofhappiness.net</small>	18 Listen to a piece of music without doing anything else	19 Notice something that is going well, even if today feels difficult	20 Tune into your feelings, without judging or trying to change them	21 Appreciate your hands and all the things they enable you to do
22 Focus your attention on the good things you take for granted	23 Choose to spend less time looking at screens today	24 Appreciate nature around you, wherever you are	25 Notice when you're tired and take a break as soon as possible	26 Choose a different route today and see what you notice	27 Mentally scan your body and notice what it is feeling	28 Discover the joy in the simple things of life

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

Together, we can create a community where everyone feels valued, connected, and inspired. Let's make mindfulness our superpower!

# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)

## **FUN FACT: DID YOU KNOW?**

*Mindfulness Enhances Focus and Happiness!* Research reveals that practicing mindfulness doesn't just make us happier—it also improves focus, builds resilience, and strengthens social bonds. By being present in the moment, we cultivate a deeper sense of joy and connection, fostering a thriving and harmonious community.

*Let's continue to uplift each other, practice mindfulness, and inspire one another to achieve greatness with awareness and gratitude. Together, we shine brighter!*

*Challenge for March: Share one mindful act you practiced this month. Send it to [ansh.newsletter@anandniketan.edu.in](mailto:ansh.newsletter@anandniketan.edu.in) to be featured in the next edition!*

### **The Power of Gratitude: A Path to Well-being**

Gratitude is a simple yet powerful practice that can significantly enhance our overall well-being. When we take a moment to appreciate the little things in life, we shift our focus from what we lack to what we have, fostering a sense of contentment and joy.

### **Why Practice Gratitude?**

- Boosts mental well-being and reduces stress
- Strengthens relationships and fosters empathy
- Enhances overall happiness and positivity

**Challenge for March:** Take a moment each day to note down three things you are grateful for. It could be a kind gesture, a personal achievement, or even a beautiful sunrise. Share your gratitude reflections with us at [ansh.newsletter@anandniketan.edu.in](mailto:ansh.newsletter@anandniketan.edu.in) and inspire others to embrace this positive habit.

**LET'S MAKE GRATITUDE A PART OF OUR DAILY LIVES AND NURTURE A HAPPIER, MORE CONNECTED COMMUNITY!**

## **UPCOMING EVENTS**

**AS WE STEP INTO MARCH, HERE ARE THE KEY EVENTS AND IMPORTANT DATES TO LOOK FORWARD TO:**

- **CULMINATION – PRECIOUS PURSUITS**  
K1 – Saturday, 1st March 2025  
Nursery – Saturday, 8th March 2025  
K2 – Saturday, 29th March 2025
- **ANNUAL EXAMINATIONS**  
Grades 5 to 7 – Tuesday, 4th March 2025
- **CAREER COUNSELING SESSION**  
Grades 9 to 12 – Ahmedabad University, Tuesday, 11th March 2025
- **PARENT-TEACHER MEETINGS (PTM)**  
Grades 8, 9 & 11 – Saturday, 8th March 2025  
Grades 5 to 7 – Saturday, 22nd March 2025
- **EI CARES EXAM**  
Grades 3 & 4 – 10th, 11th & 12th March 2025
- **GRANDPARENTS' DAY CELEBRATIONS**  
K2 – Thursday, 20th March 2025  
K1 – Friday, 21st March 2025  
Nursery – Saturday, 22nd March 2025  
Grade 1 – Tuesday, 25th March 2025  
Grade 2 – Wednesday, 26th March 2025
- **EDUCATIONAL TRIPS & EXCURSIONS**  
Grade 1 – Monte Carlo Oxygen Park  
Grade 2 – Khoz Museum  
Grades 3 & 4 – Pickleball  
Grades 3 & 4 – Vikram A. Sarabhai Community Science Center

**MARCH PROMISES TO BE A MONTH OF LEARNING, REFLECTION, AND CELEBRATION. STAY ENGAGED AND ENJOY EVERY EXPERIENCE AHEAD!**

## **YOUR FEEDBACK MATTERS!**

Share your thoughts, suggestions, and success stories with us at [ansh.newsletter@anandniketan.edu.in](mailto:ansh.newsletter@anandniketan.edu.in) as we continue to create a nurturing environment for our students.

Warm regards,

**Team Anand Niketan Shilaj Campus**

# MONTHLY NEWSLETTER

EDITION - 3 (MARCH 2025)

## FUN & ENGAGEMENT CORNER!

Get ready to tickle your brain, spark your curiosity, and have some fun! Try out these riddles, puzzles, and challenges designed for our Students, Parents, and Educators.

### BRAIN TEASERS

Can you solve these tricky riddles?

1. *I have keys but open no locks. What am I?*

2. *The more you remove from me, the bigger I get. What am I?*

3. *I can be tall or short, I can be grown or bought, I can be painted or left bare. What am I?*


4. *What has one eye but cannot see?*

(Answers at the bottom of the page!)

### JUMBLED WORDS CHALLENGE!

Unscramble the letters to form meaningful words related to education and learning!

- **IRNGNAEL** → \_ \_ \_ \_ \_
- **ITLCRYEA** → \_ \_ \_ \_ \_
- **ETNDUST** → \_ \_ \_ \_ \_
- **KBOOONTE** → \_ \_ \_ \_ \_
- **NCTIOAEDU** → \_ \_ \_ \_ \_

 **Bonus Challenge:** Use any two of these words in a short sentence and send it to us at [ansh.newsletter@anandniketan.edu.in](mailto:ansh.newsletter@anandniketan.edu.in)!

### DID YOU KNOW?

**Did you know that water can boil and freeze at the same time?** This happens at a special point called the **triple point**, where temperature and pressure are just right for all three states of matter (solid, liquid, and gas) to exist simultaneously!

### JOKE OF THE MONTH

**Student:** Why did the maths book look sad?

**Educator:** I don't know, why?

**Student:** Because it had too many problems!

### MINI CHALLENGE!

**Can you write a one-line story using just 6 words?** Here's an example:

*"Rain poured. No umbrella. Laughter continued."*

Send us your creative one-liners at [ansh.newsletter@anandniketan.edu.in](mailto:ansh.newsletter@anandniketan.edu.in) and get featured in the next edition!

(Answers: 1. A keyboard 2. A hole 3. A tree 4. A needle)

**SEE YOU IN THE NEXT EDITION WITH MORE FUN, FACTS, AND BRAIN TEASERS!**



**ANAND NIKETAN**  
SHILAJ CAMPUS

**STAY CONNECTED: FOLLOW US ON SOCIAL MEDIA!**

Join us on social media to stay updated on school events, news, and achievements:

**ANAND NIKETAN SHILAJ CAMPUS**



FACEBOOK



INSTAGRAM



YOUTUBE



WEBSITE

Don't forget to like, share, and comment to spread positivity and joy in our vibrant school community!