



# THE BULLETIN

**2024**



## CAMPUS HIGHLIGHTS

### Independence Day

The Independence Day celebration at Ekya JP Nagar was a resounding success, showcasing the remarkable talents of students from grades 6 to 10. The event featured a captivating cultural extravaganza that included patriotic dramas, a yoga display, as well as dance and musical performances, all of which left the audience thoroughly impressed. These spectacular performances highlighted the school's commitment to holistic development, emphasizing not just academic growth but also the cultivation of artistic and physical skills. Moreover, the event served as a powerful platform for instilling a deep sense of national pride among the students, as they expressed their love for the country through their art and performances. The celebration was not only a testament to the students' creativity and hard work but also a reflection of the school's dedication to nurturing well-rounded individuals with a strong connection to their heritage and nation.



### Community Helpers Day

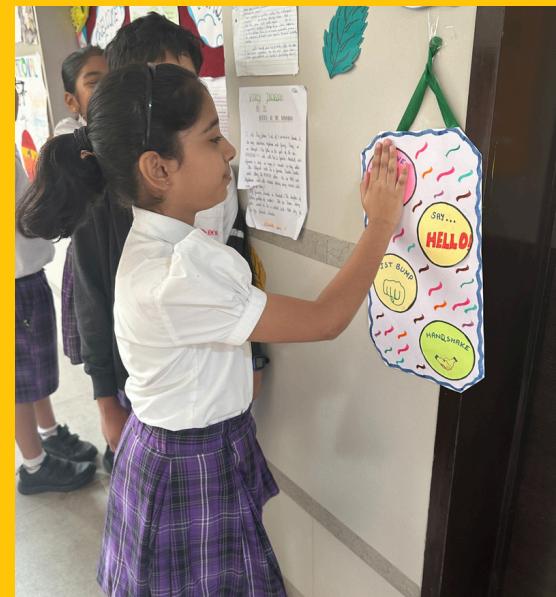
It was a significant day for our early years block, marked by the celebrations of Independence Day and Community Helpers Day. These events beautifully complemented each other. The children had the opportunity to observe the senior school's parade rehearsal for the upcoming Independence Day event, which provided them with inspiration for their own activities. They proudly paraded as various community helpers, with a captivated audience watching them. Following the parade, each child spoke about the role they represented, enhancing their understanding of these essential professions. The celebrations continued with the singing of our national song, "Vandemataram," and a lively dance to "Nanha Munna Rahi Hoon." To conclude, the children engaged in creative takeaway activities, making kites, flags, wristbands, and bookmarks, which not only reinforced the day's themes but also provided them with lasting memories of the occasion.





## CULTURE AT CAMPUS

At Ekya, greetings are a fundamental part of our school culture, playing a crucial role in setting the tone for the day. Welcoming students at the door each morning with a smile and a handshake isn't just a routine; it's an opportunity to create a positive and supportive atmosphere from the moment they step into the classroom. A cheerful greeting, coupled with eye contact and a warm welcome, helps students feel seen and valued, setting the stage for an engaging and productive day of learning.



Each morning, every student is personally greeted by name at the door, with a friendly "Good morning," followed by a handshake, high-five, hug, or fist bump. This small but meaningful gesture not only boosts their mood but also reinforces a sense of belonging and connection within the school community. At Ekya, we believe that starting the day with positive interactions is key to fostering a nurturing and collaborative learning environment.



## LEARNING BEYOND THE CLASSROOM

### Service Learning Program - Launch

This Independence Day at Ekya, we didn't just celebrate our nation's freedom; but we took a big step towards making a difference with the launch of our Service Learning Program. This new initiative was all about coming together to tackle real-world challenges and create a positive impact in our communities. This year all our campuses have chosen some powerful themes to focus on, and they're all about building a better tomorrow. From Zero Hunger, where we'll work towards ensuring everyone has access to nutritious food, to Solid Waste Management, where we'll learn how to reduce, reuse, and recycle to keep our environment clean. Some of our campuses are also diving into E-Waste Management—because every gadget we use leaves a footprint, and it's up to us to make sure it's a green one. And let's not forget our effort to support Cataract Eye Surgeries, bringing the gift of sight to those who need it most. This program provides an opportunity to all of our students to roll up our sleeves and be the change-makers they aspire to be. Whether it's through hands-on work or raising awareness, every little bit counts.

## Student Leadership Bootcamp

The much-awaited Student Leadership Bootcamp is just around the corner! Our student council members are given an opportunity to gear up and dive into a world of leadership like never before. Happening in the month of September, this bootcamp isn't just about workshops and sessions; it's about transforming ideas into action. Student council members will be exploring what it means to lead with integrity, think creatively, and make a real impact on our school community. Plus, we've got some inspiring guest speakers lined up who'll be sharing their own leadership journeys. But it's not all work and no play. Expect interactive activities, team challenges, and even a few surprises along the way. Let's make this bootcamp an experience to remember!



## Field Trip

Our recent field trips were full of excitement and learning! Primary students visited the fire station, where they saw firefighters in action and even tried on their gear. Middle schoolers explored an organic farm, learning how food is grown from seed to table. These adventures took students beyond the classroom, offering new experiences and stories to share. Here's to more educational adventures outside the school gates!

## Up Coming Dussehra Trips

Our Dussehra trips are fast approaching, filled with adventure, exploration, and fun! We've planned something special for every student. Primary-grade students can enjoy a parent-child overnight camping experience with starry skies, campfires, and lots of fun. For our Grade 5 & 6 students, Ramnagar offers rocky landscapes perfect for trekking and rock climbing. Grades 7 & 8 students will head to Coorg, where they can relax in misty hills and lush coffee plantations. Our senior school students will explore Auroville, a unique blend of culture and community. Finally, there's an exciting diving trip to the Andaman, where students can explore the underwater world. These trips are an opportunity to step out of routine, try something new, and create unforgettable memories. Get ready for the best Dussehra ever!



## Final Year Retreat

Our final year retreat to Yercaud was nothing short of magical—a perfect blend of fun, friends, and a dash of adventure! Nestled in the cool hills, Yercaud welcomed our students with misty mornings, scenic views, and a whole lot of memories waiting to be made. Students kicked off their day with a mix of exciting activities. From trekking through lush greenery to boating on the serene lake, every moment felt like a mini-adventure. And let's not forget the time they spent exploring the famous Yercaud Lake—paddling around and soaking in the peaceful vibes. Evenings were all about bonfires, music, and laughter. There's something special about sharing stories and singing under the stars with friends by your side. The retreat wasn't just a getaway; it was a chance to unwind, bond, and celebrate all the memories students have created over the years.



Our students ventured to Hampi, where history and adventure walked hand in hand. Exploring the majestic ruins and ancient temples felt like stepping back in time. From climbing the rocky terrain to discovering hidden corners of this UNESCO World Heritage site, Hampi's timeless charm was truly captivating. The sunsets there were nothing short of magical!



## Wellbeing Initiatives

In August, the Wellbeing Department organized a series of awareness sessions aimed at supporting students in managing their emotions effectively. For the Primary Block, sessions focused on emotional regulation, helping students build personal resource kits for managing emotions. A Schoology forum was created for ongoing support.

For Middle and Senior Block, sessions covered complex emotional issues like panic attacks and self-harm, equipping students with tools to support themselves and others. Counselors also led sessions on bullying and gender stereotypes. Increased awareness from general check-ins has led more students to seek support.

A Professional Development (PD) day for school leaders emphasized understanding student mental health and ensuring sensitive, informed responses. Additionally, a session for teachers, conducted with the Professional Development Institute (PDI), provided skills for identifying and addressing students' learning and behavioral challenges.





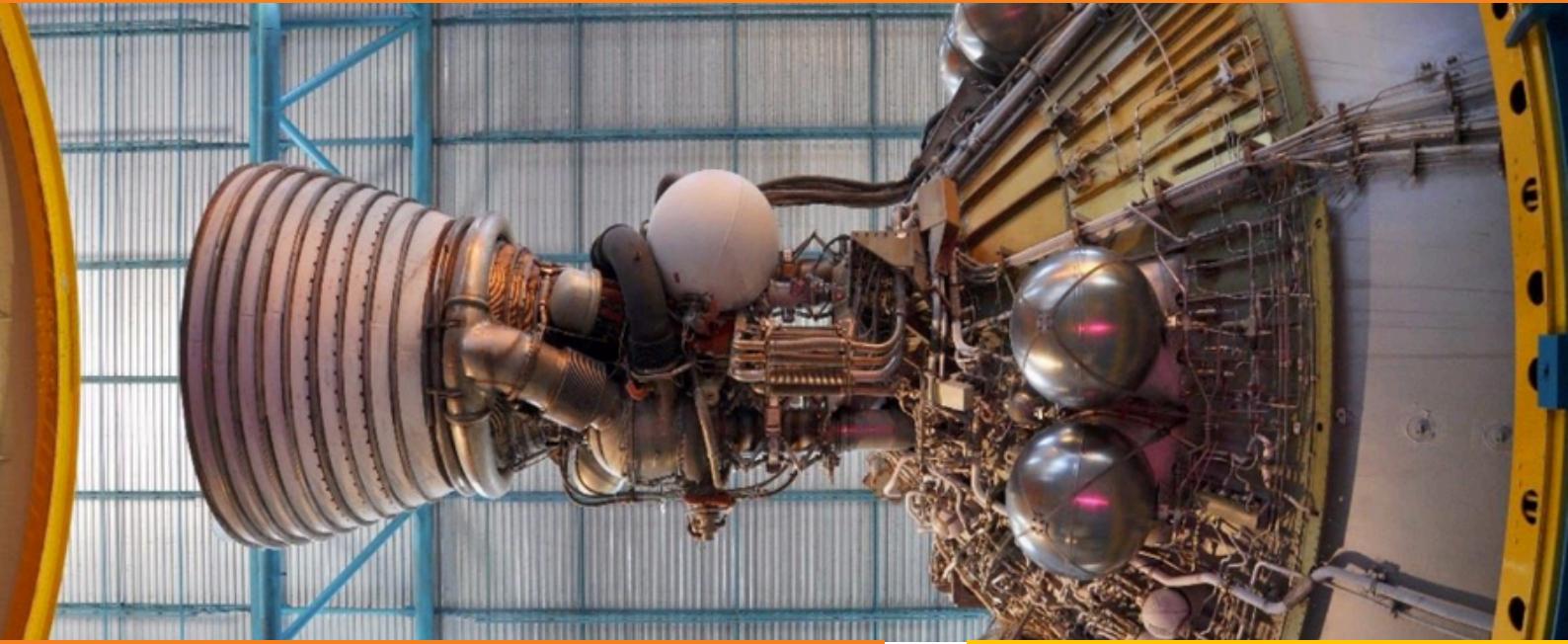
## PROFESSIONAL DEVELOPMENT

August was filled with an array of Professional Development sessions across teams. It started off with a Professional Development Day for our Senior School educators of Ekya and CMR NPS. During the 4-hour training educators participated in the session around maximising student engagement by using questioning and discussion tools and study skills for senior graders.



We worked with our school leadership on how to make data informed decisions and met our Head of Schools and Student Counsellors to reinforce the criticality of student wellbeing at our campuses.



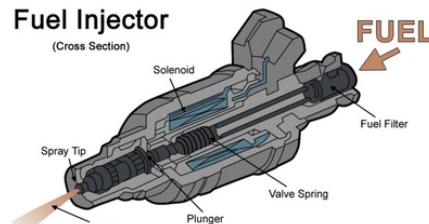
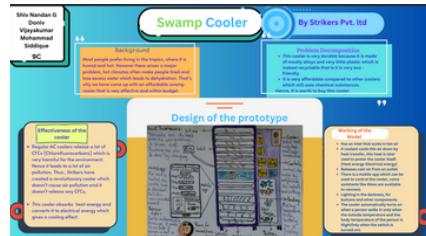


## LEARNING & INSIGHTS

### Science at Ekya

Science at Ekya is dedicated to nurturing a profound understanding and mastery of scientific concepts through an inquiry-based approach. Our main goal is to spark students' curiosity and build their critical thinking skills, enabling them to explore and unravel the mysteries of the natural world. The curriculum is carefully designed to build on each concept step by step, ensuring a cohesive and comprehensive development of scientific knowledge. This approach lays a robust foundation for advanced scientific exploration, fostering innovation, and equipping students with exceptional problem-solving abilities essential for future scientific endeavours.

"The Evaporative Cooler Design Project" guides students in exploring sustainable cooling solutions for tropical climates through practical research and hands-on design. This project focuses on understanding the need for affordable cooling alternatives by investigating evaporative cooling principles and designing a prototype. Students engage in critical thinking and problem-solving as they assess materials for durability and affordability, applying scientific knowledge to address real-world challenges. Presenting their findings in a scientific poster format enhances students' communication skills by requiring clear and concise articulation of complex ideas. This interdisciplinary project aims to prepare students for future roles in innovation and environmental stewardship.



This project "Creation of an automobile part using Fluid Mechanics" offers senior school science students a chance to tackle real-world engineering challenges in fluid mechanics, enhancing critical thinking and problem-solving skills. Through practical research and hands-on design, students will learn how scientific principles create solutions for transportation needs. Presenting their findings will improve their communication abilities, requiring clear articulation of technical concepts.



This interdisciplinary project combines physics, engineering, and environmental science, providing a holistic understanding of practical applications. Ultimately, it prepares students for STEM careers by fostering innovation, problem-solving, and ecological consciousness, instilling a passion for engineering and a sense of responsibility for sustainable transportation technologies.

# STUDENT EDGE

## India: The World's Best Kept Secret

What is India? Is it the seventh largest country in the world? Or is it the world's most populous country? Is it the land of sages or fakirs? Is it a cricket juggernaut?

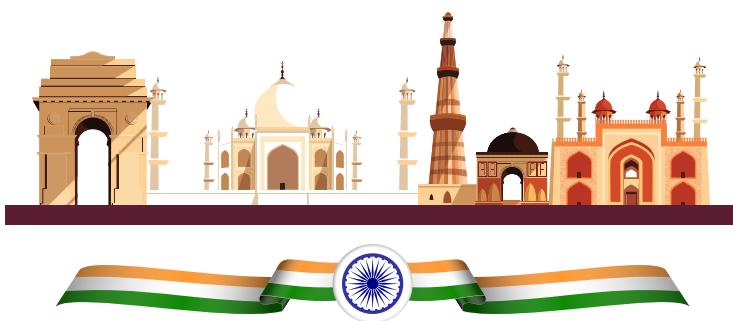
To me, India is first and foremost my motherland. My roots are attached to this country, which cannot be uprooted. It is a vibrant and exuberant place filled with laughter, joy and happiness.

Indian people are united as one and that is because of one major reason: festivals. Festivals bring people together for a common goal. Be it the razzle-dazzle of Diwali fireworks or the playful colours of Holi, festivals give society a place to shed away their discriminations and celebrate the spirit of humanity.

Another diamond in India's crown is her monuments. Monuments depict India's rich history in a way that will last for generations. Some of India's best-kept traditions occur at such places, such as on Republic Day the parade occurs in front of India Gate.

Another aspect of India which is as long as the Qutub Minar is her history. I'm sure that no other country has a historical record as diverse as India. It is as uncertain as a minute in the stock market. From its prosperity to the tyranny of the British, studying Indian history will at least take a lifetime.

India is not merely, put a paradise on Earth. The country which has faced so much during its establishment but continues to be a beacon of hope to its people. May her songs be sung for future generations to come!





**Soham Dalvi**  
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# TEACHER BLOG

## The Power of Effective Study Techniques in High School

As a high school teacher, I have witnessed firsthand the transformative impact that effective study techniques can have on students' academic performance and overall well-being. High school is a pivotal time in a student's life, a period of immense growth and increased responsibility. It's when students are often introduced to more challenging coursework, and the ability to study effectively can make a significant difference in their success.

One of the most important aspects of study techniques is that they empower students to take control of their learning. Techniques like active recall, spaced repetition, and the Pomodoro method are not just tools for passing exams; they are strategies for mastering content and building confidence.

Active recall, for instance, encourages students to retrieve information from memory, which strengthens their understanding and retention of material. Spaced repetition helps students to review content over increasing intervals, reducing the likelihood of cramming and promoting long-term retention.

The Pomodoro technique, which involves breaking study time into focused intervals with short breaks, can enhance concentration and reduce burnout. By teaching students how to manage their time effectively, this method helps them to balance their academic workload with other responsibilities.

Moreover, study techniques foster a sense of independence and responsibility. When students learn how to study efficiently, they become less reliant on last-minute cramming and more focused on understanding and applying their knowledge. This shift not only improves academic outcomes but also reduces stress and anxiety, promoting a healthier approach to education.

In conclusion, equipping high school students with effective study techniques is essential for their academic and personal growth. As educators, it's our responsibility to guide them in developing these skills, helping them to become more self-sufficient, confident learners who are prepared for the challenges of the future.



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