



RIPPLES 2026-2027

VIDYA VIKASINI (C.I.S.C.E)

MONTHLY

NEWS LETTER

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<https://vidyavikasinischool.com>



Sr. Johnmary Dondeti

Principal

VIDYA VIKASINI SCHOOL (C.I.S.C.E)



AT THE HELM OF AFFAIRS...INSPIRING WORDS BY OUR PRINCIPAL

Dear Vidya Vikasini Family

Greetings ! It is our pleasure to have you on board!

A hearty welcome to the parents and students

Academic Year Opening Message – Theme: Discipline

Greetings, everyone. I hope this message finds you well. I trust you have all enjoyed your holidays. It is evident that each of you appears refreshed, vibrant, and ready to embark on a new journey of learning and development.

As we commence this academic year with enthusiasm and commitment, let us reflect on a profound thought:

“The most effective preparation for the future is to perform your best in the present.”

Discipline should not be mistaken for mere strictness; instead, it embodies consistency, dedication, and integrity. By waking up promptly, diligently completing your tasks, and showing respect to teachers and peers, you lay the foundation for future success. Every small act of discipline today contributes to building a stronger and more resilient tomorrow.

Inspiring Story – “I am capable, I am strong”

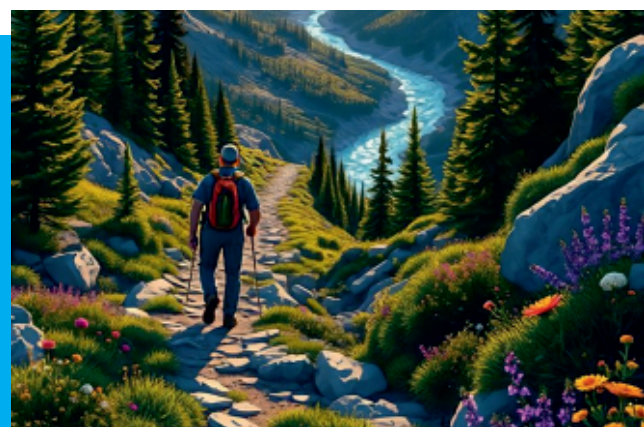
Once, a young boy aspired to summit a towering mountain. He began with enthusiasm, but midway, fatigue and fear set in. Looking down, he recognized his progress and quietly affirmed:

“I am capable. I am strong.”

With each step, he reaffirmed those words. Gradually, he reached the summit. Upon looking around, he realized that the mountain had not changed — he had. His courage and discipline had matured.

Therefore, dear students, as you commence this year, remember:

Dedicate yourselves to doing your best today, with discipline, courage, and conviction. In doing so, you will find that tomorrow will unfold according to your efforts.



The Boy and the Mountain

A young boy once dreamed of climbing a tall mountain that stood near his village. From far away, the mountain looked magnificent.

Its peak touched the clouds, and when the sun rose, the golden light made the summit shine like a crown.

The boy often gazed at it and wondered what the world would look like from the top.

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01



Beginning the Journey

- One morning, the boy decided to climb the mountain.
- He felt excited and full of courage.
- The path was beautiful and peaceful.
- Flowers, birds, and a cool breeze surrounded him.

The Path Becomes Difficult

As he climbed higher, the path started to change.
The road split into many directions.
Some paths were steep and rocky.
Thick fog covered parts of the mountain.

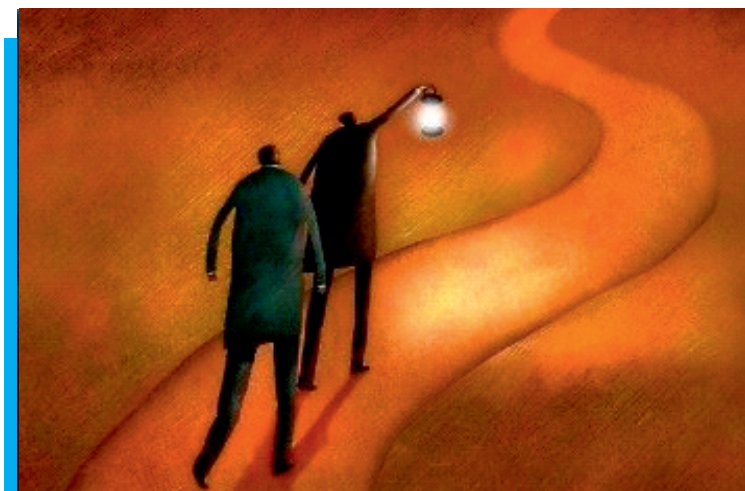


Feeling Confused

- Some paths looked smooth but led in circles.
- Other paths looked dangerous and steep.
- The boy did not know which way to go.
- He started to feel confused.

THE TWO GUIDES - One holding a map and the other holding a lantern

- Two people walked beside the boy.
- One carried a map.
- The other carried a lamp.
- They helped him continue his journey.



Guidance and Encouragement

- The person with the map showed the correct direction.
- He warned about unsafe paths.
- The person with the lamp encouraged the boy.
- The lamp lit the path when it became dark.

When schools provide the right direction and parents offer constant encouragement, children gain the confidence and strength to climb every mountain in their journey of life

- Life is like climbing a mountain.
- Challenges and confusion are part of the journey.
- Guidance and encouragement help us move forward.
- With support, we can reach our goals.





What Does the Story Teach Us?

- The mountain represents the journey of life.
- The child represents every student.
- The map represents teachers.
- The lamp represents parents.
- Together they guide the child toward success.

Teachers: The Map

- Teachers guide students with knowledge and skills.
- They help students understand the right path.
- They warn students about mistakes and wrong choices.
- They help students prepare for their future.



Parents: The Lamp

- Parents give love, encouragement, and emotional support.
- They help children believe in themselves.
- They motivate children during difficult times.
- Their guidance builds confidence and strength.

When Children Face Challenges

- These are very important years of your life.
- You are discovering your talents and interests.
- Discipline, hard work, and focus will shape your future.
- Prepare not only for exams but also for life.



CORE VALUES



Good Parenting Practices

- Listen patiently to your children.
- Encourage discipline and hard work.
- Monitor studies and daily habits.
- Limit distractions like excessive mobile phone use.
- Teach values such as respect, honesty, and responsibility

Climbing the Mountain of Life

- When the teacher (map) gives directions and the parent (lamp) gives encouragement, every child gains the strength and confidence to climb the highest mountains of life.





VIDYA VIKASINI SCHOOL (C.I.S.C.E)

Fatherwadi, Gokhivare, Vasai (East), Dist. Palghar - 401 208

WINNING ACCOLADES...
OUR TOPPERS (ICSE, 2025 - 26)

Congratulations



98.50%

NEHAL SANCHETI



98.00%

ADITYA PAWAN PATHAK



97.83%

YASH AMOL AMBATKAR

BATCH PERFORMANCE OVERVIEW

APPEARED

103

PASSED

103

MERIT

36

DISTINCTION

55

1ST CLASS

11

2ND CLASS

1

ANAND SARVESH JHA

97.67%

SAMUEL DIVINE SHIBU MATHEW

97.67%

MAHI PRITAM MALJI

97.50%

BHAAVYA JITENDRA CHANDNANI

96.67%

JANAK NIKESH SONI

96.17%

ABHISHREE DHEERAJ YADAV

96.00%

MOHANK RAJIV GAVANKAR

95.83%

* Aggregate percentage



We had our NCC camp in Nashik, and from our school, around 14 JWs and 10 JDs went for it with Dhanesh Sir. As we left school at early in the morning, ready for what was supposed to be a 10-day adventure, two emotions started fighting inside me.... "I'm going to miss my parents so much." versus "TEN DAYS WITH MY FRIENDS!"

The bus journey continued in a perfect cycle: singing, dancing, laughing, clicking photos, sleeping, waking up, eating snacks, and then sleeping again... Finally, after what felt like forever, we reached Vasudeo Athani English Medium School-our home for the next 10 days. Cadets from schools and colleges from all over Maharashtra had gathered there. Suddenly, we weren't just representing ourselves-we were representing our school too.

The days that followed were exciting, challenging, exhausting, adventurous, hilarious, inspiring, and unforgettable all at the same time. We attended lots of lectures. Some were about the armed forces, some focused on our mental and physical well-being, while others taught us about cyber security, ship modelling, and many other fascinating topics.

Of course, camp wasn't all lectures...well that would be boring!

Every afternoon and evening, the ground became an Olympic arena. We played various games, participated in relay races, tug-of-war competitions, and many other activities. There was cheering, running, falling, winning, losing, and arguing about who actually crossed the finish line first.

One of the most unforgettable days was our visit to the Air Force Academy. The moment we arrived, I just stood there awestruck! The fighter aircraft... the helicopters...the soldiers in uniform....everything looked so powerful, so majestic, so unreal!! And then came the aerobatic stunts. One second we were looking at the sky...the next second our mouths were hanging open...we forgot to blink!

Before leaving, everyone helped clean the campus and made sure we left it exactly as we had found it. As I looked around one last time, it hit me that this place had become our home. A place filled with memories, laughter, friendships, inside jokes, and experiences we would probably talk about for years. I knew I would miss it.... And that's a chapter of my life I'll carry with me forever.

By Mahira Rajboruah 9A



AN OXFORD ORIENTATION PROGRAMME

FOR OUR TEACHERS PRESENTED BY OUP



SHILPI BHATTACHARYA Oxford University Press

EXPLORING NEW PATHWAYS IN TEACHING AND LEARNING....”

A special workshop was organised by Oxford University press for our staff on the first day of our Academic Year, 2026-27....a refreshing and invigorating start! Resource person: Shilpi Bhattacharya from Oxford University Press

Topic: Mastering Classroom Dynamics..... Techniques For Effective Teaching & Lesson Management.

Ms. Shilpi, our resource person , asked the most important question to begin her workshop and set the tone for the day....

“What makes a teacher successful and leads to effective learning?”

A successful teacher is interactive and her class is lively which leads to effective learning. Then she herself led us through a lively and interactive session exploring the following topics:



- UNDERSTANDING CLASSROOM DYNAMICS AND STUDENT'S BEHAVIOUR
- ESTABLISHING NORMS AND ROUTINES FOR EFFECTIVE LEARNING
- ACTIVE ENGAGEMENT TECHNIQUES AND PARTICIPATION STRATEGIES
- MANAGING TRANSITIONS AND TIME EFFECTIVELY

- HANDLING DISRUPTIONS AND ENCOURAGING POSITIVE BEHAVIOUR
- ADAPTING TEACHING STYLES TO GROUP NEEDS
- CREATING INCLUSIVE AND COLLABORATIVE ENVIRONMENTS/LESSON PLAN



She strongly advocated using an intriguing introduction to grab their attention and urged the teachers never to over-estimate anyone nor UNDERESTIMATE ANYONE. She stressed on the need to be able to cater to the needs of different types of learners besides the regular reading/writing types...the visual learner...the kinesthetic learner...the auditory learner...the logical learner...the social learner...the solitary learner ...the naturalistic learner...and include diverse learning experiences.

Understanding Student's Behaviour is crucial for every teacher for effective classroom management. It should be made clear by the teacher that certain behaviour is unacceptable and then establish a set of rules by constant repetition and positive reinforcement.

A few exercises demonstrated by her, which are a refreshing change from rote learning:

Engaging tasks such as the Optical Illusion Picture Talk and frequent movement breaks during transition must be a part of the daily routine.. Art & Music can be integrated effectively to make an otherwise dull lesson, interesting. Use of technology sustains their interest and minimises disruptions which are mostly caused due to monotony. She also conducted a Listen & Draw Activity for all to show how each learner can be engaged in the learning process and an entire concept can be covered or introduced. She gave an example of learning the concept of condensation by observing....put a glass of water on the table....add a cube of ice ...tell the students to speak about what they observed through probing....The key word is ENGAGE

Carousel Activity: (Works for projects)

She divided us into groups and asked each group to ponder and discuss three different questions which were listed on three different chart papers ...the leader of the group had to briefly write one sentence as the answer her group came up with, for the three questions. E.g. How can we make a healthy meal tasty too?

Hence discussing the 7 different answers made learning interesting, interactive and engaging.

She also stressed upon how Observation & Analysis is mandatory. Every teacher must be concerned about the learning outcomes of the lesson taught in class...whether the learning objectives have been met and the concept is clear to all the students. Apply Remedial Measures for those who don't show the learning outcome.

The NEP stresses on Competency Based Education. Competency is a set of enabling skills and we need to plan our curriculum with the following goals in mind:

Indeed, all the teachers were truly enlightened , revived and refreshed by this workshop.

FOUNDATIONAL LITERACY & NUMERACY (FLN) OUTCOME

FLEXIBILITY FOR LEARNER PACE AND CONTEXT

EXPERIENTIAL AND JOYFUL LEARNING

FORMATIVE, OUTCOME-BASED ASSESSMENT

21ST-CENTURY SKILLS INTEGRATION



AJI ALL INDIA NCC GIRLS TREKKING EXPEDITION – 2026
TAMIL NADU TREK



I am so thrilled for this opportunity to share snippets from our Nilgiri Trek. We were under the guidance of ANO Lt. Dr. Sujata Tiwale and PI Staff Pawan Singh.

The highlight of the trek was the visit to the Tribal Research Center where we saw many tools including weapons and creative items used as toys by ancient people. We saw exhibits showing images of their evolution over time, their clothes, food, culture, and behaviour.

Besides the usual exciting camp activities and bonding with other cadets the toy train ride was one of the most enjoyable experiences for me along with the trek through a jungle where we spotted a lion and a peacock.

Indeed this was the most memorable trek of my life till date.

By Ishita Gaud 9B





A Joyful Start

3rd June, 2026



HAPPY BEGINNINGS LEAD TO HAPPY LEARNERS...

Tiny feet pattering through our corridors are the sweetest sound to any teacher's ears after a long summer break. With Mickey Mouse and Boss Baby as our cute mascots to welcome them, it was a treat to see the delighted looks on the faces of our students. The cooling showers... the beautiful rainbow.... Nature conspired to make it a special new cool beginning for all.



June



welcome

Back to School



4th June, 2026

OUR WELCOME ASSEMBLY

"The most important day of a person's education is the first day of school."

The theme for our welcome assembly, “Discipline - the bridge between goals and achievement” set the tone for the entire academic year. After warmly welcoming all our students, our Principal emphasized the importance of discipline and explained how it serves as the key to success in life.

The highlight of the programme featured a delightful mini-act and a theme dance performed by the teachers, conveying valuable lessons on discipline in an engaging manner. The students thoroughly enjoyed the performances by their teachers. It marked a cheerful and motivating beginning to the new academic year.

Discipline...the bridge between goals and achievement....



Our Delightful Comperes Masha and Bear



Prayerful Melodies by our Teachers' Choir



LEARNING IS FUN VIA ROLE PLAY



9th June, 2026

Tell me and I forget, teach me and I may remember, involve me and I learn. -Benjamin Franklin

Our SR KG tiny tots dressed up as the family member they love most and thoroughly enjoyed enacting out their roles. They also learnt to sight read the names of the common names of the family members and match them to the character.



I N T E G R A T I N G

Art & Craft with English communication skills

ACTIVITY - MAKING "SAMMY THE SNAIL"

After listening to the story "Sammy Snail Learns to Be Safe," the JR. KG children enthusiastically participated in a craft activity. They carefully rolled the craft paper to create their own little snails, reinforcing their understanding of the story and its message on safety. The activity encouraged creativity, improved fine motor skills, and enhanced concentration. As they worked, the children discussed simple safety rules learned from Sammy, such as staying close to trusted adults and making safe choices. The young learners enjoyed the hands-on experience and as they admired their colourful snail creations, the look of utter delight on their tiny faces was a wonderful sight to behold!!



ENVIRONMENT DAY

Special Assembly

The Earth is what we all have in common. – Wendell Berry

18th June, 2026

The theme for our Environment Day Special Assembly “Restore our Earth, Secure our Future” inspired everyone to reflect on their responsibility towards protecting the environment.

The programme began with a sapling presentation to our Principal symbolizing growth, sustainability and our commitment to a greener future. A heartfelt theme prayer followed seeking blessings to restore and preserve the beauty of our Earth. The highlight of the assembly included a graceful prayer dance and a thought-provoking theme dance that spread awareness about deforestation while showcasing nature’s strength and resilience.

A powerful mime performance effectively conveyed the urgent need to undo the damage caused by human activities and encouraged everyone to take positive action for the environment. *Our Principal, Rev. Sr. John Mary*, appreciated the efforts of the participants and the meaningful message conveyed through the programme. In her address, she inspired everyone to adopt a sustainable lifestyle and contribute towards creating a greener and healthier planet.

The students thoroughly appreciated the performances making the assembly both enlightening and inspiring. It served as a memorable reminder that every small step towards protecting nature contributes to a better future for all.





" Let's join hands to save our Earth....there is no Planet B!!!"

It was truly heartening to see the children participate enthusiastically in the various competitions organized as part of our Environment Day Celebration. The continuous cooperation and motivation of our school Parents plays a vital role in making these events a grand success.

The creativity, confidence, and environmental awareness displayed by the students in activities such as Fancy Dress Flora and Fauna , Eco-Fashion Show, Poster Making, Collage Making, Best Out of Waste, Model Making, Eco- friendly toy making, Debate and other competitions is truly commendable. The Parents' efforts in guiding and inspiring their wards to contribute towards the cause of environmental conservation must be lauded.



TOGETHER, WE ARE NURTURING RESPONSIBLE CITIZENS WHO CARE FOR AND PROTECT OUR PLANET.

ECO-CONSCIOUS LIVING FOR A BETTER TOMORROW!!

A Talk Show by a Conservationist & Environment Educator

The programme was held with great enthusiasm and active participation of Grade V and VI . It was conducted by Ms. Roshini D'Souza, a pebble artist, a conservationist, and an environmental educator and provided a platform for students to express their views on important environmental issues such as pollution, climate change, waste management, conservation of natural resources, and sustainable living.

The participants confidently shared their ideas, suggestions, and solutions for creating a greener and healthier planet and gained valuable insights into the importance of environmental conservation and the role each individual can play in protecting nature.

The programme encouraged students to adopt eco-friendly practices and become responsible citizens. The talk show was informative, thought provoking, and inspiring. It successfully spread awareness about environmental protection and motivated everyone to contribute towards a cleaner and greener future.



INTERNATIONAL

YOGA DAY

22nd June, 2026

“Yoga is the Fountain of youth. You're only as young as your spine is Flexible.”



To celebrate the spirit of health, harmony, and well-being, our school observed International Yoga Day with great enthusiasm and active participation by our students and staff. After a brief address on the significance of Yoga in achieving a balanced and healthy life, under the guidance of trained instructors Drashti Lakhani and Linus Sir, students performed various Yoga asanas, breathing exercises and meditation techniques. The instructors encouraged everyone to make Yoga a part of their daily routine and highlighted its role in reducing stress and improving concentration. The session helped participants understand the importance of physical fitness, mental calmness, and self-discipline.





“THE FUTURE DEPENDS ON WHAT WE DO IN THE PRESENT.” – MAHATMA GANDHI

The Investiture Ceremony of our school was conducted with great pride and solemnity to formally entrust the newly elected student council members with their leadership responsibilities.

The chief guest for the day was **Mr. Manesh Tanaji Sable**, Sub Inspector, Tulinj Police Station.

A captivating cultural performance on the theme of leadership highlighted the qualities of a true leader and inspired the audience. The newly elected council members were invested with scarves, signifying the trust and responsibility bestowed upon them and they solemnly took the oath, pledging to uphold the values of the school and discharge their duties with sincerity and dedication.

An outgoing council member delivered a heartfelt speech, reflecting on their experiences and encouraging the new leaders to serve with commitment and integrity. The chief guest addressed the gathering and shared valuable insights on leadership, discipline, and perseverance, motivating the young leaders to lead by example.

The ceremony inspired the students with a renewed sense of responsibility and pride.





Ten Days Away from Home... A Lifetime of Memories

“Discipline builds strength, but shared struggles build bonds.”

There are journeys that end when we return home, and then there are journeys that stay with us forever. My NCC CATC Camp at Nashik, held from 28th April to 6th May, was one such journey — ten days that transformed ordinary moments into unforgettable memories.

The day began before sunrise. We assembled at our school campus with mountains of luggage, backpacks and carry bags — as if we were preparing not for ten days, but for an entire military mission. There was a strange mixture of emotions in the air — we were sad to leave home for ten long days, yet thrilled to experience something completely new.

Soon, our long bus journey began. For 4 to 5 hours, the bus became our world. We sang songs loudly without caring about the scale or tune, or even if we were singing them right. We laughed at silly jokes and danced whenever someone started a beat. Outside the windows, landscapes kept changing — green fields stretched endlessly, bridges carried us over flowing water, and highways disappeared into the horizon. Every kilometre brought us closer to something unknown.

Finally, we arrived at the camp centre — Vasudeo Athani English Medium School, Nashik. As we stepped inside, I noticed cadets from different schools and colleges standing around us. Their discipline and visible confidence made a sudden wave of emotions wash over me. Would I fit in? Would I be able to do this? I began to doubt myself. We were soon introduced to our barracks — the place that would become our ‘home sweet home’ for the next nine days.

From the very next morning, camp life truly began. Forget peaceful alarms. Every day started before sunrise. We were up by 4:30–5:00 a.m. under bright “artificial sunlight” shining directly into our eyes. But honestly, the only alarm we ever needed was —

“OYE Junior Wing (Jws)... UTTHO!!”

And trust me — that alarm never had a snooze button. Whether you wanted to or not... you had to be up! By 6 a.m., everyone assembled on the ground. We ran three to five laps around the massive field every morning. That was followed by physical training and endless exercises. But one thing that truly became a part of us was Yoga! Every morning, the entire squad stood facing the rising sun and performed Surya Namaskar together. Our bodies felt exhausted — but strangely refreshed too. It felt as if every stretch removed not only tiredness, but also stress.

By 7:45 a.m., breakfast became the most awaited event of the day. No five-star meal could ever compete with the breakfast we had after morning PT. The day continued with several lectures — but these were nothing like ordinary classroom lectures. We learned about basic seamanship, rigging (the work of ropes), different types of knots, firing positions, positive psychology, cyber crime awareness, and so much more. What made it even more special was that many sessions were conducted by actual officers from the Indian Army, Navy and Air Force themselves. Listening to people who dedicate their lives to serving the nation made every lesson feel real.

One of the most unforgettable moments was on the 5th day, when we visited the Combat Army Aviation School on a Yankee. That day is impossible to describe fully! We saw officers in crisp uniforms, medals shining proudly across their chests. We witnessed parade marches performed with breathtaking precision. We watched aerobatic displays that left us speechless. Helicopters roared across the sky and zoomed so close above us that for a second it felt they were hardly fifteen feet away. The sound vibrated through the air. And suddenly... Tri-colour smoke painted the sky! I stood there mesmerized, pinching myself, unable to make sense of the fact that it was all real and not a movie. For a moment, everyone simply kept gazing upwards... “Whoa... Whoosh... Ahh...” The only interjections one could hear. In that very instant, I felt a deep respect for every soldier who serves our country.

Of course, camp life was not always glamorous. Some lectures felt never-ending. Many cadets had mastered the secret art of sleeping with open eyes! Our legs hurt after sitting all day. And yes — we received our fair share of punishments from seniors too. But as they say — where there is a challenge, there is growth. And every difficult moment taught us something valuable.

Evenings brought energy back into us. From 5:00 p.m. to 6:30 p.m., we had sports sessions where we played games and competed with cadets from other schools. Some matches we won. Some we lost. But each moment, we gave our best. And we won our school a trophy too!

After sports, everyone assembled for the CRO (Camp Routine Orders) where the next day’s schedule was discussed. One thing I especially admired was our Commanding Officer, CO P. S. Soodan, who never ended the day without sharing inspiring words and meaningful quotes. Those speeches were simple — but powerful. They reminded us that NCC is not only about uniforms and drills. It is about character.

It is about becoming stronger — not only physically, but mentally.

The camp was not easy. But perhaps the best journeys never are. And when I look back now, I understand that...

Punctuality is not merely arriving on time.

Leadership is not giving orders.

And friendship is not only spending time together.

It is showing up for one another.



For ten days, my teammates and I did everything together. We laughed together. Got scolded together. And grew together. Staying away from home unexpectedly brought us closer to each other. From being ordinary classmates in school, during those ten days we became something more — a second family. As the camp came to an end, it felt as though we weren't just packing our bags — we were leaving behind a small part of ourselves in those barracks, on that ground, in those morning assemblies and shared moments. We returned home carrying luggage in our hands, but memories, lessons and a small part of Nashik in our heart.

Once a cadet... always a cadet!

By Adira Rajboruaa
9 A



AT THE PARK >

We went to a park
to bring a spark.
A girl in pink
with a beautiful wink.
A boy in blue with
so many clues.
A boy in yellow,
a pretty little fellow.
A tree so high,
where butterflies fly.
My friends say,
“Let’s open the book and take a look.”
The beautiful flowers
shining like stars.
A beautiful dance
with plenty of love.

Jane Lopes
5B

NATURE >

The sun is so bright
And also gives us light

The birds are flying
Sweetly singing

A rainbow is in the sky
The clouds float by

The children smiling
Nature is so lovely!

Kirti Chaubey
4C





As students of Grade 10 buried under a mountain of board exam preparation, we all share an unspoken truth: any school event is a glorious and much-needed escape!

At the very start of June, our school came alive as we celebrated Environment Week. The highlight of the week was a poster-making competition centred around the theme "Go Green: An Awareness Campaign for Environmental Protection and Sustainable Living."

My friends and I gladly grabbed the opportunity to participate in this activity.

The night before, we had a group video chat buzzing with ideas. We brain stormed ways to make a real impact.

We conceptualized a vibrant mock Instagram feed where the youth had uploaded pictures of lush green forests and roaring waterfalls while asking if they would ever see real nature in the future. A beautifully drawn Earth replied with a spark of hope and urged us to choose sustainable living before it was too late.

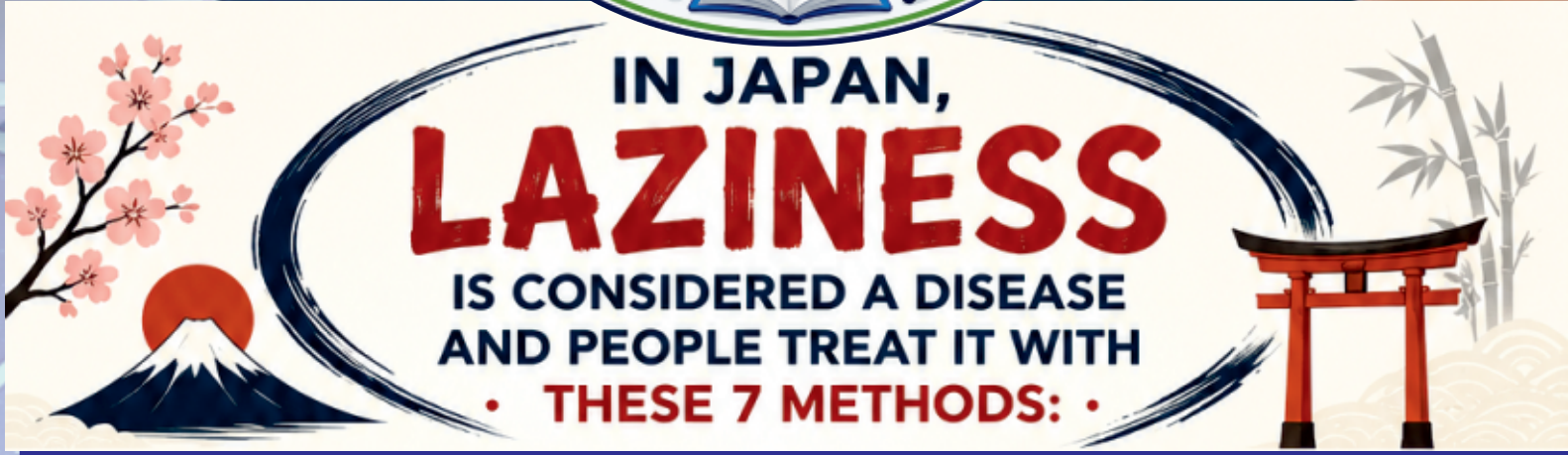
I was so excited that I gathered colours, chart paper, highlighters and literally every art material I could find.

When the bell for the "zero period" finally rang, the classroom erupted into a frenzy of creative activity. Honestly, winning wasn't even on our radar. I was just happy to breathe, laugh and create with my friends.

Our desk quickly became a chaotic battleground of art supplies. Sarthak boldly inked the black borders, Joshua breathed life into a gorgeous Earth and I furiously painted Instagram icons. Eventually, the outcome was amazing, at least to our group!

We all thoroughly enjoyed the activity under the guidance of our class teacher and were happy to be given a chance to share our ideas creatively.





1. KAIZEN - The One-Minute Rule

Start so small your brain can't resist. One push-up. One sentence. One minute. Harvard research shows tiny habits bypass mental resistance and compound over time. Progress beats pressure.

2. IKIGAI - A Reason to Wake Up

The question isn't "What do you do?" It's "Why do you get up?" Studies on purpose and longevity show that meaning increases energy and discipline. When your why is clear, effort feels lighter.

3. HARA HACHIBU - Stop at 80%

Overeating kills focus, mood, and drive. Japanese elders stay active by stopping before full. Lighter digestion = better energy and mental clarity. Most "laziness" is physical overload.

4. ANCHORED FOCUS - Ritualised

25 minutes work. 5 minutes rest. Add a ritual: a breath, a gesture, a sound. Your brain learns: this signal = focus. Neuroscience calls this conditioning and it works fast.

5. SEIRI & SEITON - Clear Space

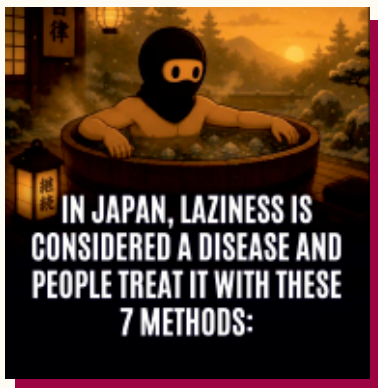
A messy room creates mental noise. Clutter increases stress and reduces productivity. (Princeton research). Clean space leads to clean action.

6. KINTSUGI - Finish Imperfectly

Laziness often hides fear of failure. Kintsugi teaches flaws aren't mistakes - they're part of progress. Completion builds momentum. Not perfection.

7. WABI-SABI - Act Before Perfect

The Japanese don't wait for ideal conditions. They move with what they have. Perfection delays action. Movement creates clarity. Most procrastination is fear dressed as patience.



Most football players run about 8-9 kilometers per match.

In an entire football career, a football player can run a distance comparable to the distance from England to China.



Awareness doesn't change behavior.

Tracking turns intention into action. What you check daily becomes automatic.

Visible progress builds consistency.

Clarity needs structure.





2026-27



Winning Laurels...



Won

- Silver Medal in Short Skating
 - Bronze Medal in Long Skating
- at 3rd Open Roller Skating Championship 2026 in U/6 Group of Inline Category. 1st D (2026-2027)
- For winning
- Gold in Long Skating
- At 25th LXT open Roller Skating Championship 2026(Pune) in U/6 group of Inline Category.

Aaditri Gopal Karmakar (SR KG.A)



Won a bronze medal in
3rd Open Roller Skating Championship 2026
in U/8 Group of Inline Category

Aaddya Salaskar (1C)



Won Bronze medal at
3rd Open Roller Skating Championship 2026
in U/7 Group of Inline Category

Kaveri Raul (1D)



Secured 3rd position at the
1st State level Aquatic Championship
held in Palghar District in 25 m
Freestyle Swimming in the U/7 age group.

Dhruvah Konnur (2C)



Has Won 2 Bronze Medals at the
Open State Maharashtra 2026 Championship
held in Pune, securing medals in the
500m and 1000m events.

Swaraj Shinde (5D)



Achieved a gold medal
in Boys' singles under 14
CISCE Badminton competition, Zone B

Shlok Goyal (8A)



We are delighted to inform you that U/10 boys secured the 2nd Runner up Trophy in the 8th Edition of Pronext Sports Zone Football Tournament held at Mira Road on 25th April 2026.

Following are the Team Members:

Maxwell Castelino (4C), Wayne D'souza (4C), Diansh Mota (5D),
Kaveer Singh (4B), Jasmeet Singh (4B), Caden Rodrigues (4A),
Amit Ravate (4C), Swaraj Shinde (5D) .

Player of the Match award

Maxwell Castelino (4C), Wayne D'souza (4C),
Diansh Mota (5D) and Kaveer Singh (4B).



Winning Laurels....



Our BUDDING ARTIST



Liana Nayak
JR. KG - A



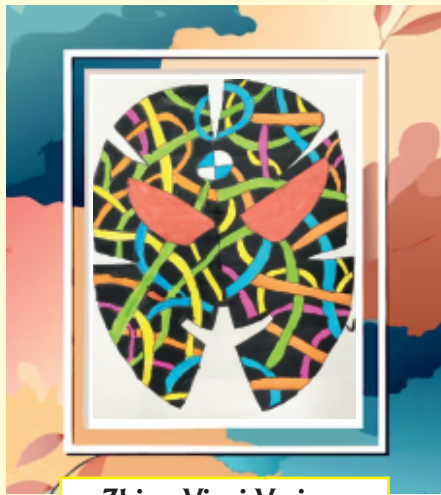
Hitee Rana
JR. KG - A



Harnadh Darji
SR. KG - C



Demira Vora
SR. KG - B



Zhian Vispi Variava
6 - A



Vedanshi Rai
4 - A



Bhoomika Panda
2 - C



Dharmik Patil
10 - A

