

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

MONTHLY

NEWS LETTER

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<https://vidyavikasinschool.com>

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



Sr. Johnmary Dondeti

Principal

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

“Dear Vidya Vikasini Family”

Warm Greetings to all!

August arrives with a gentle drumbeat of change, bringing the rhythm of rain, the promise of new beginnings, and the pride of our nation’s freedom. As we reflect on the first half of the term, we also prepare to honor one of India’s most significant days: Independence Day.

On August 15th, we celebrate not just our history but also the dreams of those who fought tirelessly for our liberty. Their courage reminds us that freedom is not just a gift; it is a call to rise, serve, and strive to bring out the best in ourselves and others.

Let this month be a time to:

- Hold fast to our values, even when faced with challenges.
- Step up in our duties—whether in classrooms, corridors.
- Extend a helping hand to those who need encouragement and uplift each other with kindness.

As educators, students and families, we are all vital threads in the tri-colour tapestry of India...each one essential, each one vibrant. May our celebrations this Independence Day be not just ceremonial but deeply personal.

Let us plant seeds of virtue, speak from the heart, & embody the spirit of unity and gratitude. With pride in our nation and faith in our school’s mission.



VEER DARSHANKUMAR MAHAJAN (2-A)

Won 3rd Prize for Class 2 category
for the Event Word Wizards.



NEATHAN JOSEPH PULITHARA (2-C)

Won 3rd Prize for Class 2 category
for the Event Word Wizards.

Winning Laurels...

A TALK SHOW ON EMOTIONAL INTELLIGENCE

"When awareness is brought to an emotion, power is brought to your life." - Tara Meyer Robson



Emotional Intelligence (EI) refers to the ability to recognize and understand emotions in oneself and others, and to use this awareness to guide thought and behavior. **Ms Dipali Chauhan** kept the students of our primary section engaged with her talk show on Emotional Management.

She elaborated upon the following:

1. Self-Awareness: Recognizing and understanding one's own emotions.
2. Self-Regulation: Managing and regulating one's own emotions.
3. Motivation: Using emotions to drive motivation and achieve goals.
4. Empathy: Understanding and recognizing emotions in others.
5. Social Skills: Effectively communicating and interacting with others.

Benefits:

1. Better Relationships: EI helps build stronger, more meaningful relationships.
2. Improved Communication: EI enhances communication skills, reducing conflicts and misunderstandings.
3. Increased Empathy: EI promotes understanding and compassion for others.
4. Effective Leadership: EI is essential for effective leadership, decision-making, and teamwork.
5. Personal Growth: EI helps individuals manage stress, anxiety, and emotions, leading to personal growth and well-being.

Developing Emotional Intelligence:

1. Practice Self-Reflection: Recognize and understand your own emotions.
2. Develop Empathy: Try to understand and recognize emotions in others.
3. Improve Communication: Practice active listening and effective communication.
4. Manage Stress: Develop healthy coping mechanisms to manage stress and emotions.
5. Seek Feedback: Ask for feedback from others to gain new insights and perspectives.

"By developing emotional intelligence, individuals can improve their relationships, communication and overall well-being."



Creating stories through color



Jeevansh Girish 2nd - A



Aaradhya Sahi 7th - C



Evangeline Nadar 9th - B





Be Indian...Buy Indian...

Independence Day Activity, Pre-Primary Section

14th Aug, 2025



Our tiny tots got a taste of "Swadeshi" at this tender age....with the Nursery babies wearing simple Indian cotton clothes and putting up a fashion show....the JR KG students bringing Indian brands like Dabur toothpaste/ Parachute coconut oil/ Amul chocolates etc and promoting them in their own cute manner chanting slogans like "Be Indian....Buy Indian"the SR KG students feasting on typical Indian snacks like idli-wada/hbesan ka laddoo/bhajiya/ puri-bhaji.

A day well spent celebrating... "Made in India.....Use in India!!!"



Independence Day

PROUD TO BE AN INDIAN....

15th Aug, 2025

The students of the primary and secondary put up a splendid program for our Independence Day Celebrations complete with fiery speeches, a poignant dance- drama on the current events like operation Sindoor and the splendid NCC March past. Our sovereignty is at an all time high with every citizen claiming and owning that they are indeed proud to be Indian!!





27th Aug, 2025

SFIHM Seminar

"In hospitality, it's the little details that matter."

Our school has many branches all over India run by our Franciscian Brothers. Our head office in Borivali proudly boasts of a vast educational campus offering many courses. Our St. Francis Institute of Hotel Management has a state of art infrastructure and is well equipped with all facilities offering multiple choices. This seminar raised awareness among our secondary students about taking up a career in the Hospitality industry.



26th Aug, 2025

As the saying goes.... "All work and no play makes Jack a dull boy!"

National Sports Day in India is celebrated on August 29th every year to honor the legendary hockey player Major Dhyan Chand. This day marks his birth anniversary and emphasizes the importance of sports and physical activities in our lives. Every year, our Sports department puts up a special assembly showcasing the various sports activities of our school.

Our Budding Artists...





Articles of the Month

A Day at the beach

Last Saturday We packed our things and left early at 5.00 me and my family visited the beach. the morning My father drove us to the Vasai beach. When we reached , the sun was shining brightly, the sky was clear and the breeze was cool we had a light breakfast of bread and butter . I couldn't wait to play in the water, build sandcastles and enjoy the day out.

As soon as I reached the beach, the smell of the salty sea and chocolate waffles wafted through my nose . We ate delicious waffles and enjoyed it. I heard crashing waves, children laughing and seagulls chirping sweetly. I saw sand, waves, and people sitting under huge umbrellas. Sever saw seagulls making harsh calls . I also saw a woman sitting on mat with her two children enjoying the beautiful view. After resting for some time in the sun, I put on my swimming suit and with my brother I swam in the sea . My parents surfed the sea and we laughed heartily at them. My brother and I put sunscreen on our faces and started to build sandcastles. Soon stomach started growling so we ate some noodles and collected shells , while doing so we saw an oyster and picked it up, and to our surprise we found a pearl in it .later , played volleyball and frisbee with our parents and ate snacks like Crunchy chips and had sodalt was one of the best days I have ever had in my life . I especially loved swimming and collecting shells." I hope that we go again soon to the Vasai beach.

- Sarah Jacob. Std. : Vth D

My Best Day Ever

It was my ninth birthday, and I was very excited. As soon as I went to the classroom, I felt strange because there was nobody inside. After some time, I heard my classmates scream, "Surprise!" I was astonished. Later, in the assembly, everyone sang a birthday song for me. During the break, I distributed chocolates and enjoyed my morning at school. When I reached home, my mother had made my favourite dish—pizza with cheese. In the evening, I dressed in my best clothes and went with my parents to my favourite restaurant, where all my friends had gathered too. I enjoyed the day a lot. I was very happy as we all danced and played. I unwrapped my gifts and liked them all. It was truly my best day ever.

- Priyasha Sharma . Std. : IVth C

Whispers from past!

Whispers from the past,
Telling things no one dared to ask...
The secrets of the universe,
And the wonders that lie within...
The whispers are slow and few,
Binding us to a past we never knew!
It is something we all need,
Though we never dared to seek.
The whispers are sometimes dark and deep,
Filling our hearts with guilt we keep.
But some are joyful, moments of love,
Lifting our spirits, making us feel worthy enough.
One thing we all must know—
The whispers don't decide where we will go.
So, we must live with all we have, And understand life
better with every step we take.

- Janvi Misra. Std. : VIIth A

A Journey To Remember....A Journey full of Surprises!!

The first day that I stepped into these premises,
Little did I know this journey would be full of surprises...
Clumsy hands, scraped knees and eyes oh-so bright,
Our teachers were always our guiding light.
We lost and made new friends along the way,
Writing our exams and waiting for vacations in May.
We grew up laughing and sharing our lunches,
Celebrating birthdays, sketching on the benches.
Parliamentary sessions, assemblies, and sports,
We participated in all we could—every sort.
Wouldn't we replay those memories? Oh, we would,
And cherish every moment, if only we could.
These days that began with joy and curiosity,
Now end with dreams of moving to a new big city.
Dreams and aspirations high, sunny afternoons
and -carefree times will end,
But along the way, this school became my best friend.
As I approach my last day in these premises,
I hope my journey ahead will be full of surprises.

- Abhishree Yadav . Std. : Xth C



National Sports Day

– 29th August

Every year on 29th August, India celebrates National Sports Day to honour the birthday of Major **Dhyan Chand**, a legendary hockey player known worldwide for his magical skills with the stick.

Science in Sports

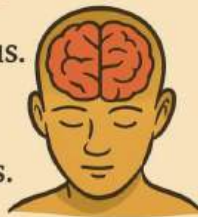
- Physics** : The way a ball travels depends on speed, force, and angle.
- Biology** : Strong muscles, healthy bones, and a fast heartbeat help us play better.
- Nutrition** : Healthy food gives us the energy to run, jump, and win.
- Fun Fact** : A hockey ball can travel at speeds of over 150 km/h – faster than cars in many cities!



HEALTHY HABITS FOR DAILY COUNTDOWN

Habits That Protect Your Brain

- Hydration** = sharper focus.
- Sleep** = memory repair.
- Learning** = new pathways.
- Movement** = more oxygen.
- Social time** = longer life.
- Reading** = stronger mind.
- Nature** = stress reset.
- Protein** = brain fuel



Tomatoes contain choline, which helps lower blood cholesterol, promotes haemoglobin synthesis and strengthens the immune system.



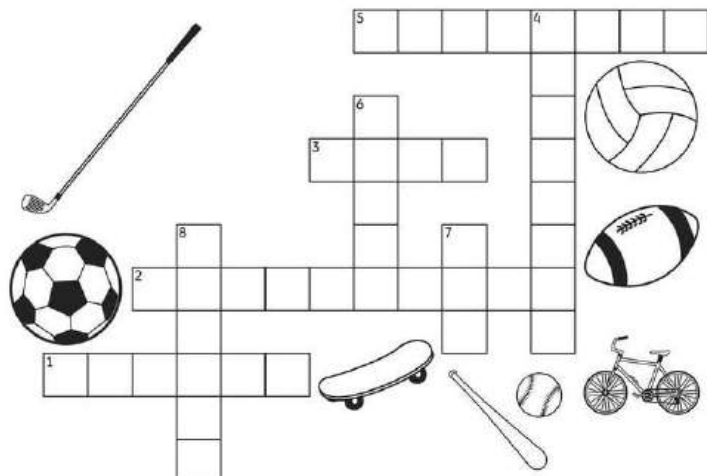
Gaming Zone...!

Level up your gaming experience...



SPORTS CROSSWORD PUZZLE

SOLVE THE CLUES AND FILL OUT THE GRID



DOWN

- A SPORT PLAYED WITH A BAT, BALL, AND GLOVE
- THE BALL CAN BE PASSED BACKWARDS BUT NOT FORWARDS
- A WOODEN IMPLEMENT USED IN SPORTS
- A SPORT WITH TWO TEAMS TRYING TO SCORE GOALS

ACROSS

- A DEVICE WITH A HANDLE AND STRINGS USED FOR HITTING A BALL
- THE BALL MUST BE HIT WITH HANDS OR ARMS
- A SMALL, HARD BALL USED IN HOCKEY
- A GAME PLAYED WITH AN OVAL-SHAPED BALL

