

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

“Dear Vidya Vikasini Family”

Warm Greetings to all!



Sr. Johnmary Dondeti

Principal

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

**Asathoma satgamata.....Thamasoma jyothirgamaya
Mruthyonma Amruthangamaiya.....Om..... Shanthi Shanthi Shanthiye....**

Let us lead our students from Untruthful to Truthful....Darkness to Light....
Death to Immortality....May Peace prevail within

Dear Vidya Vikasini Family,

Come September and immediately, Teachers ' Day flashes into our minds!
As teachers mould and shape the future citizens of a nation, let us reflect upon the profound role of a teacher.

"A good teacher is like a candle consuming itself to light the way for others"

The difference between darkness and light is profound! Teachers demolish ignorance and dispel darkness....they are the **Light Bearers of Society**.

They are the **Anchor** in every child's life keeping all grounded with the values they embody....their compassion and commitment is timeless.....beyond the advances of technology which can never replace them!!

In the present day scenario, the role of a teacher has evolved beyond academics. Children come carrying invisible backpacks of their own fears, anxiety, distractions which only a dedicated teacher who takes her vocation as a divine call, can ease the burdens of her students helping them find emotional balance.

Behind every student who confidently delivers a speech on stage.....Behind every neat note book....
Behind every child who dares to dream....Behind every child who is able manage their emotions....the backbone and silent builder is the teacher...the architect of unseen victories.... building the future quietly and faithfully, laying the foundation of true character, courage and clarity.
To truly succeed in life, one needs to imbibe virtues and it is none other than teachers who are the **Carriers of Virtue**... Teaching Kindness, Courage and Grace.... lessons beyond the narrow realm of textbooks.... lessons taught from a sincere and faithful heart!

A nation is not built in the Parliament...it is built in classrooms....brick by brick , heart by heart, mind by mind...and our teachers are the true **Nation Builders**.

My prayer for all our teachers, Parents and students is that they live not for mere appreciation but for **True Awakening**....To develop into whole, grounded and resilient human beings.



Good Nutrition Seminar

12th September, 2025

We are what we eat



The students of the Primary section were privileged to have **Ms.Dr.Honey Jain B.H.M.S.** Diploma in Nutrition and Dietetics, who conducted a seminar on the importance of a healthy, well balanced diet.She expertly brought out the ill effects of eating junk food and kept the students engaged and interested by sharing snippets of their interest about food.



Our Manager, Bro. Mariadasu's

Feast Celebration & Teacher's Day Celebration

8th September, 2025

"Special people deserve a special day"



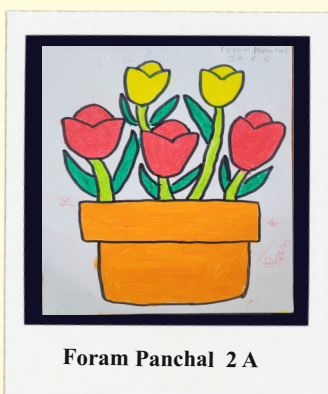
It was an honour to join our Teachers' Day Celebrations with the SSC section of our Franciscan Institutions on the occasion of the religious feast of our most illustrious Manager and a beacon of practical knowledge, Reverend Bro. Mariadasu.

Our Principal, Sister Johnmary presented a tribute to Bro. Mariadasu via a short PPT expounding on some of his many fine traits which set him apart from others to manage our vast SSC as well as CISCE section with efficiency. She also appreciated and exhorted the teachers over their various roles as a candle emitting the light of knowledge, an anchor keeping the students grounded in values and virtues, a builder of futures for the students hence, a Nation builder as well.

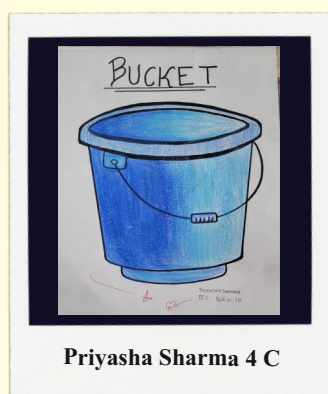
Bro Mariadasu too spoke about the satisfaction and joy this noble profession brings us...it's a special call....the mother of all professions..... Dr. S.R Radhakrishnan believed that teachers should be the best minds of the country helping the students to reach their full potential.

*"Our Management generously gifted the entire staff and treated us to a sumptuous lunch.
A day spent joyously regaled by our students with endearing songs, dances and speeches."*

Brother Mariadasu and Sister Johnmary inaugurated our newsletter on this auspicious occasion. The monthly newsletter has been introduced for the first time in the past twenty years of our school to keep our Parents well informed about our school events.



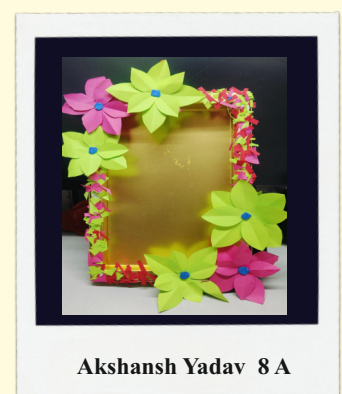
Foram Panchal 2 A



Priyasha Sharma 4 C



Pratham Shettigar 7 B



Akshansh Yadav 8 A

Words of Wisdom by Our Leader...Our Principal... The Guru of Gurus...Forever Guiding...Forever Inspiring...

INTERVIEW

Words of a guide: Guruvani questions for a principal

What are the three most important focus areas (roles) of Principal (in context to Indian schools)?

As a Principal, my first important role is to be an academic leader, ensuring that the curriculum is delivered effectively, remains relevant and aligns with the guidelines of the National Education Policy 2020, while promoting innovative teaching methods. My second role is to be a people manager, supporting teachers, staff, students and parents, listening to their concerns, guiding their professional growth and fostering a sense of belonging in the school community. The third important role is to act as a visionary and institution builder, planning for the long-term growth of the school in terms of infrastructure, academic excellence and cultural values so that it remains relevant and inspiring in a changing world.

How do you empower teachers to be leaders?

I empower teachers by giving them responsibilities along with the freedom to make decisions about how to conduct programs and activities, allowing them to exercise creativity and professional judgment.

Teachers are entrusted with leadership roles in various areas such as coordinating mock parliament sessions, overseeing house competitions, guiding literary competitions, managing the magazine committee and organizing special assemblies and I make it a point to appreciate their efforts publicly.

Teachers are encouraged to take on leadership roles by accompanying students on international trips such as the NASA program in the USA and the German Link Program, where they guide, mentor, and represent the school on a global stage. Above all, I focus on building trust so that teachers feel confident to voice their ideas and opinions without fear of judgment.

Pedagogy is changing by leaps and bounds every year. How do you keep pace with it?

I make it a habit to learn continuously by attending webinars, reading educational research journals and networking with fellow educators. I organize teacher training sessions



Sister John Mary Donette, Principal of Vidya Vikasini School, CISCE.

that focus on modern teaching techniques such as blended learning, AI integration and experiential learning. I encourage teachers to consistently monitor how students are responding to different teaching techniques by conducting regular assessments of various kinds that evaluate their analytical skills, oral abilities, practical implementation of theories and overall understanding.

How do you inspire/motivate students to take up sports as it is a vital part of school education these days?

I work to create a sports-positive culture where achievements in sports are celebrated as much as academic accomplishments. I ensure that a wide variety of sports, both competitive and recreational, are available so that students with different interests can participate. Students are trained in football, handball, cricket, athletics, carom, chess, etc.

We regularly share students' sports achievements on the school website and parent groups to encourage and appreciate achievers. We run an NCC program to promote discipline and fitness. We organize regular inter-house sports competitions to build

healthy competitive spirit and provide specialized coaching opportunities for students who show potential in specific games. Our well-trained marching band instills coordination, discipline and pride, while our adventure camps offer students a unique experience of outdoor activities that build resilience, teamwork

and confidence.

How do you build a positive school culture or climate?

I involve both staff and parents in the decision-making process so that everyone feels a sense of ownership towards the school. I maintain a culture of appreciation by recognizing small and big achievements alike. I ensure clear and transparent communication so that expectations are well understood. I keep an open-door policy where teachers and students can share their concerns freely. I integrate value based education into everyday activities.

What are the skills which is must learn for students as extra-curricular activity in today's competitive environment?

In today's competitive environment, it is essential for students to develop digital literacy and understand online safety. They must also learn public speaking and effective communication skills. Financial literacy should be introduced at a basic level to prepare them for adult life. Critical thinking and problem-solving skills are vital for their future careers. Students should also engage in creative pursuits such as art, music, dance and theatre to encourage imagination. Finally, awareness of sustainability, through activities like gardening, recycling and community service, is becoming increasingly important.

Your profession has many challenges. What, in your opinion, is the toughest?

The toughest challenge I face is balancing the expectations of management, teachers, parents and students while keeping the best interests of the child at the center of all decisions. Another major challenge is delivering high-quality education despite limited resources, especially in contexts where budgets and infrastructure are restricted.

What is your approach to student discipline?

My approach to discipline is to maintain a highly structured and orderly environment where students understand clear expectations for their behavior at all times.



HINDI DIWAS

11th September

The language that unites is the language that strengthens a Nation.



Lal Bahadur Shastri

Special Assembly (Blue House) 25th September

"Discipline and united action are the real source of strength for the nation."

-Pandit Lal Bahadur Shastri



The students of Std.1-10 from Blue House put up a spirited performance in their special assembly complete with fiery speeches, dances and songs dedicated to the ideals Lal Bahadur Shastri with echoes of **"Jai Jawan, Jai Kisan"** resonating in the school premises. A short skit enacted by the students depicting his life story introduced our great leader in a poignant manner to our young audience.

This slogan was given by Lal Bahadur Shastri, the second Prime Minister of India. He coined this patriotic slogan in 1965 during a public address while the country faced both the Indo-Pakistan War and a critical food grain shortage. The slogan was a call to motivate soldiers to defend the nation and encourage farmers to increase food production, ultimately aiming for self-sufficiency. May every generation of our country relive those moments and be aware of the struggles faced and learn life's lessons from the turbulent history of our great country.



Remembering Our Roots

13TH SEPTEMBER, 2025

"Grandparents hold our tiny hands For just a little while, but our hearts Forever."

Grandparent's Day



Grandparent's Day is a special occasion to honour and appreciate the love, wisdom and contributions of grandparents in our lives.

Our Principal, Sister Johnmary Dondeti, explained this beautifully in a simple manner in her inspiring and loving message depicting each of the five petals of a jasmine flower with the roles played by grandparents in a child's life.....that of a **librarian holding a treasury of stories and knowledge within, a teacher of values, a keeper of faith and tradition, a memory keeper and a builder of love and trust.**

Our Nursery tiny tots presented a very touching prayer action song dedicated to their grandparents, "Tujh mein rab dikhta hai...." The participants from Junior & Senior KG put up a song depicting their love for their grandparents and their significance in their lives. It was really heart-warming to see the response on this special day with the dear old folks following the dress code of denims for Grandfathers and grandsons looking absolutely dashing while Grandmothers and granddaughters made a pretty picture in florals.

This year, prompted by our Principal to involve the students in participating with their grandparents, we introduced an exciting new eventthe "Made for each other" Fashion Show. They really mesmerized us with some stylish moves on the ramp and the sheer joy on their faces was evident of the happy memories uploading in their minds!!

The "Bhooley Bisre Geet" Antakshri among the Grandparents, filled us all with nostalgia with the sweet melodies of old Hindi and some Marathi songs.

Our Principal enthusiastically presented a song in Telugu too!

The final event was a simple Zumba, a fun dance session guided by the teachers and all the grandparents joined in with great gusto!

A day well spent to cherish and memories made to last forever.....

Our Budding Artists...





Articles of the Month



A Day at the beach

I was excited when I heard that we were going to the beach. So my family and I packed our bags and left early in the morning.

We arrived at the beach after two hours of travelling. As we were strolling on the beach I heard waves crashing, birds chirping, people enjoying and children laughing. The aroma of the delicious food and salty water made me happy. Soon I went for a swim into the sea and enjoyed jumping over waves and enjoyed a lot. Later I started collecting sea shells and built sand castles. I then started playing beach games with my father. My parents brought many snacks so we took a break relished the snacks. It was one of the best days I had. I enjoyed swimming in the water and collecting sea seashells. I had a great time with my family.

- Soumalika Maji . Std. 5 D

Technology.....A curse or a blessing

In the century of advancement,
Followed by the producing houses,
Stands tall a rising amusement,
Declared by technological changes.



Chip by chip....a solid figure,
Bound by metal and human effort.
Mind of a man and might of another,
Guarded by a person, honoured by others.

Several communications, several mutations.....
Come together to help millions.
Gathering the smallest bit of information,
And transforming it into a world wide wide recognition
Setting an example for the future.
Put forth by our engineers.....
And technological scientists
That proves Technology to be a Blessing.

- Jasika Rawat . Std. 9 C

My Friend...

My friend laughs with glee,
I share with her what I see.
She doesn't like it when I cry,
She makes my happy days go by.
She loves reading books,
And she loves my pretty looks.
She says that I am very small,
And she happily plays with a ball.
She is loving and very kind,
She never really minds.
Her face is as bright as the sun,
Her hair is usually tied in a bun.



- Ditvi Shukla. Std. 3 C

Calm sea never makes a skilled sailor

Challenges are the most interesting part!!!
Showcasing skills is truly an art.
Obstacles make you a better person.
Bringing out the best version of yourself.
It helps to build yourself stronger than ever before.
Maybe It makes you live even longer!!!
It makes you analyze facts over feelings!!
Right decisions bring peace and healing.
A calm sea never makes a skilled sailor....
Similarly, Challenges make you avoid failures!!

- Aditi Agarwal . Std. 9 C



Science snippets



National Nutrition Week (1st – 7th September)

• Introduction

National Nutrition Week is celebrated every year from **1st to 7th September across India**.

The aim is to spread awareness about the importance of eating a healthy, balanced diet and preventing malnutrition.

During this week, the Government of India and health organizations conduct **campaigns, activities, and educational programs** to promote better nutrition.

• Why is Nutrition Important?

Growth & Development – Helps children grow strong and healthy.

Boosts Immunity – Protects us from diseases.

Sharp Mind – Improves concentration and memory.

Healthy Future – Prevents obesity, diabetes, and heart problems.



• Healthy Eating Habits

- ✓ Eat more **fruits & vegetables** – “Eat the rainbow!”
- ✓ Drink at least **8 glasses of water** daily.
- ✓ Include **whole grains, pulses, milk, and nuts** in meals.
- ✓ Avoid **junk food, soft drinks, and too much sugar**.
- ✓ **Stay active** – play, run, and exercise every day.



• Government Initiative

In 2018, India launched **Poshan Abhiyaan (National Nutrition Mission)** to reduce malnutrition among children, women, and teenagers. This program works to ensure better health, growth, and development for future generations.

• Fun Zone

Did You Know? Carrots were originally **purple**, not orange!

Quick Quiz:

1. Which vitamin is called the “*Sunshine Vitamin*”?
2. Name one food rich in **iron**.
3. Which nutrient gives us energy – proteins, carbohydrates, or vitamins?

Easy Recipe Idea:

Fruit Salad Bowl – Mix bananas, apples, papaya, and pomegranate. Add a dash of honey and lemon juice for a refreshing snack!

- **Message :** “A healthy outside starts from the inside. Let's eat right, stay fit, and spread the joy of good health this National Nutrition Week!”



The Japanese have been harvesting wood for 700 years without cutting down forests. They use the technique of daisugi, where new trees are grown using old cedars.



A lungfish can spend 4 years out of water.

This species gets approximately 90 percent of its oxygen from air.

It digs its way into mud and surrounds itself with a secretion that will allow it to survive for up to four years, although it's usually only for a matter of months before the waters return.



Achievements



STUDENTS OF THE YEAR

AWARD BY :



Hindustan Times

IX-A



YASH AMOL AMBATKAT
91.73%

IX-B



SAMUEL DIVINE SHIBU MATHEW
93.45%

IX-C



ADITYA PAWAN PATHAK
90.75%

Wining Laurels...



SWARAJ SHINDE (4-D)

Achieved Gold Medal in Quads Race
1500mtr and Silver Medal in
1000mtr Rink Race



SHAMITHA SORAPADI (3-D)

Achieved Silver Medal in
Quads Race 500mtr and 1000mtr.



VIVIAN PAULUS BHOSLE (3-C)

Got Excellent Student Rank in 41st
National Level Abacus Competition.



MAHIRA RAJBORUAH (8-A)

1st Position in Art Competition Sub Junior Category
held at Leelavati Podar Senior Secondary School For Regional Region
Conducted By Asisc.

3rd Position in Art Competition Sub Junior Category
held at Leelavati Podar Senior Secondary School for Zonal Region
Conducted By Asisc.

(AISM Drawing & Painting Competition)
secured 3rd Position At Zonal Level Held In Santacruz Secured
1st Position At Regional Level Held In Khar.

NOW SHE HAS BEEN SELECTED FOR
NATIONAL LEVEL ORGANISED IN AHMEDABAD, GUJARAT
ON 10TH OCTOBER,25



CHRISTINE MELWIN MENEZES (7-A)

Achieved a Bronze Medal
in The Inline Track Race of 1000 Meters and
a Gold Medal in the 500 Meters Race



SARA JACOB (5-D)

1st Place in the Palghar
District Chess Selection Tournament
Conducted By Palghar District Chess Association.

Congratulations



Boys Basketball team won Bronze medal
in the DSO sports tournament (U/14)



Boys Basketball team won Bronze medal
in the DSO sports tournament.(U/17)



Girls Basketball team won Bronze medal
in the DSO sports tournament. (U/14)



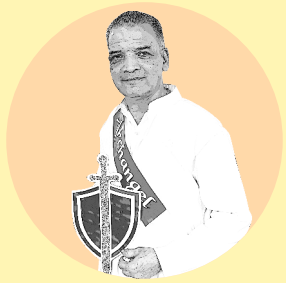
Girls won the silver medal at the
DSO Badminton competition. (U/17)



Boys team won the silver medal at the
DSO Badminton competition. (U/14)



Vanya Khanduja class 9th B won the Gold medal
10mtr peep sight air Rifle
DSO competition and qualified division level. (Girls U/17)



Bro. Michael's Feast Celebrations

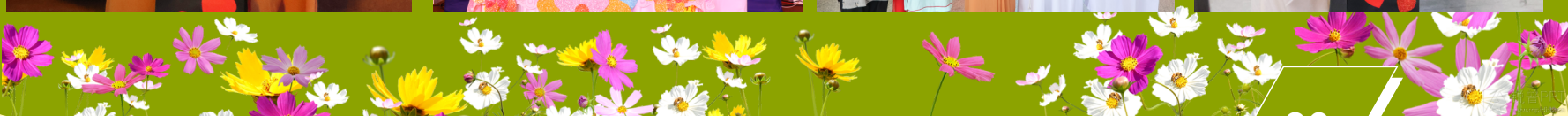
30 September, 2025



"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."-Margaret Mead

Our Franciscan Brothers tirelessly and selflessly manage our chain of educational institutions all over India with a dedication and zeal which is truly an inspiration for all. Brother Michael is our institution's Administrator at Vasai. A humble, pleasant and energetic personality, he works silently and tirelessly ensuring the smooth functioning of our institution.

We expressed our gratitude towards him and made him feel very special on his feast day with a special programme dedicated to him. A special prayer, a heartfelt prayer song, our Principal's heart warming speech kept him smiling his trademark charming crinkle- eyed smile throughout the celebration. The special sash bestowing him the title of being the archangel of our school was the high spot of the day. Thank you ,Dear Brother for truly moving about our premises constantly like an archangel, guarding our institution with your ever vigilant persona.





The Mock Parliament Session 2025–2026 was conducted with great enthusiasm and dignity at Vidya Vikasini School.

Our respected Principal, Rev. Sister John Mary Dondeti, warmly welcomed the dignitaries, including the Chief Guest, Adv.Dheeraj Pandey and Ms. Diana Alexander as the Judge.

All the student leaders President, Vice President, Prime Minister, Speaker, Secretaries, Media Heads, and Party Leaders were introduced and honoured for their vital roles in the session. The young parliamentarians carried out their responsibilities with confidence and commitment.

Each House decorated their tables beautifully according to their allotted themes:

- Yellow House – Eco-Sentinels (Environment & Sustainability)
- Red House – Echogens (Youth & Social Media)
- Green House – Edu-Visionaries (Indian Education)
- Blue House – Harvest Heralds (Agriculture & Farmers)

