

Prayers & Meditation



The word 'Yoga' is derived from the Sanskrit root *yuj* which means 'join' or 'unite'. This may be taken as the union of body, mind, and soul. Yoga is an ancient system of physical, mental and spiritual practices that have been passed down through the generations from teacher to student. Yogic practices include breathing techniques, postures, relaxation, chanting, and other meditation methods. Yoga introduced at the school level, would help to inculcate healthy habits and lifestyles to achieve good health. It develops strength, stamina, endurance, and high energy at the physical level.

Everyday students will have sessions of pranayam (amudras and viloma) & meditation.

Day	Term I	Term II
Monday	Chair exercises	Vajrasana
Tuesday	Baddha kotsana	Agnistambhasana
Wednesday	Tadasana	Face Mudra
Thursday	Hast Padasana	Chair exercises
Friday	Face Mudra	Vrikshasana
Saturday	Sukhasana	Hastottanasana

PRAYERS FOR THE ACADEMIC YEAR 2022-23
DAILY PRAYER Every day the Prayers will begin with the Navkar Mantra followed by the Prayer given for the respective day. Monday गुरुः कृपां दनुर्भिषन् मुदुष्टीं शोभयः गुरुः क्षमायां नमः तस्मै श्री गुरु नमः ॥ Meaning: Realize that the Guru is Brahma himself. He is Vishnu and he is also Shiva (Mahadev). Guru is Parabrahma (Supreme God or the Absolute Truth). With this knowledge, I (student) offer my obsequence to the Guru. सर्वस्वीति ज्ञानात्मनो वादे सारवर्ण्यम् । विद्ययापन्नं कथञ्चित् विद्याधुरिणस्तु मे साह ॥ O Saravati!, salutations for you, O Giver of boons, O Kāmarsipin! , I am going to start studies, may success be mine, always. Tuesday श्रीर अमुने चकित आ प्रे अमुने साणे असावेने जेवावेने असावेने साणे छडे अमुने छडे असा एक इमे अमु दे एके शिश्या एक असा एक इमे रतु दे अज सुख पावेने साणाणे मुढेने साणे असावेने जेवावेने असावेने साणे श्रीर अमुने साणे..... Meaning: We have only one prayer, we have only one wish. That all the humans bring trust each other as humans, show respect and treat all equally. All the respects like religious, caste, language which artificially divide us, create hatred in our minds should be removed. We all should try hard to blend in with each other, have respect and tolerance towards each other. We should purify our minds so that we can treat each other as human and show respect.

The student diary mentions the yogasanas and prayers for the week in the student diary.

Prayer 1 - <https://youtu.be/2hsg0UncKJI>

Prayer 2 - <https://youtu.be/eC2NRalkxJo>

Birthday Song - <https://youtu.be/4k5m0RQ1iP8>

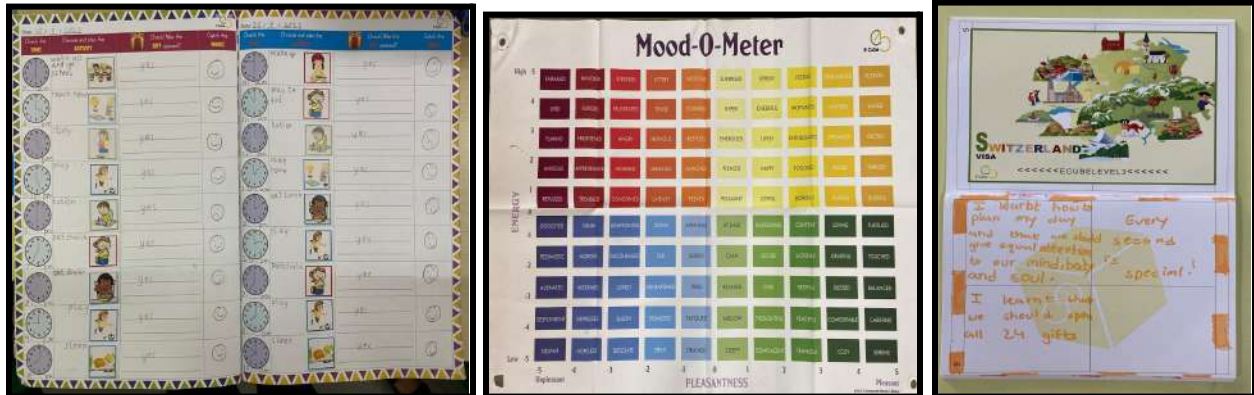
Plastic waste



Inauguration Kitchen Compost Pit



Personal Development Resources



Posters on anti-Bullying



ZERO TRAFFIC POLICY

The journey to and from school should be a happy and safe experience for the students, parents and all the stakeholders linked thereof !

Shishuvan initiated the zero-traffic campaign to create a noise and pollution free environment for the residents around and also for all stakeholders at school. To strengthen the process further, the Bus Committee has set certain guidelines to be followed by the parents and students.

All students are expected to use the bus service authorized by the school on a daily basis to and from the school. The School does not run or operate the bus service but acts as a facilitator and further by authorization only ensures that the norms set by the RTO / Government for running bus services are fulfilled by the bus operator.

Only those children who walk to school, use public transport, or reside in areas where the school bus service is unavailable at present may be exempted. If the parent wishes to propose a change, a letter addressing the Principal mentioning the reason for change has to be submitted.

The zero traffic policy does not permit the children to enter the by lanes of the school in private vehicles. This applies to Shraddhanand Road, Shraddhanand Cross road, Dr. Sulbha Bhattavadekar Marg, Ganpati Mandir lane (P.V. Parmeshvaram Marg), Oza road and K.A. Subramaniam Road. If there are traffic or parking violations, after two warnings, a show cause notice will be issued by the Bus Committee. Thereafter strict action will be taken.

- No child will be permitted to travel at any time by a route other than that specified on his/her ID. Requests for future changes of bus routes, due to change of residence, should be sent in writing to the Bus Committee. These will be processed according to the availability of seats, on the route required.

Parents and students should disperse immediately and are not allowed to stand outside the gates as it causes inconvenience to the neighbors and the movement of traffic.

The blue lanyards indicate walking students and green lanyards for the identity cards indicate students travelling by school bus.

Request for change in mode of transport on a particular day, should be sent by a written note in the child's diary. Any verbal request to the school/ bus staff will not be considered.

The school should be informed whether the student can be dropped at the destination without an escort or with an escort. In case the parent is not coming for pickup, the parent should send a note informing the name of the person along with his photograph who is authorized to pick up the child.

The parent undertakes that his child will be using / availing the above Bus Service solely at his risk and responsibility. The parent agrees to indemnify and keep indemnified the School and its Management against any claim or demands in respect of use of Bus Service by his Child. The parent will not hold the School / Management liable or accountable or responsible nor make any demand or claim or adopt any proceedings against the School or its Management in case of any accident / mishap or untoward incident or any damage or loss being suffered or occasioned to his child by reason of the use of Bus Service.

The above guidelines have been formulated by the Bus Committee keeping in mind the norms stipulated by the RTO/ Government & to ensure better movement of the traffic in the vicinity of the School , reduce traffic

congestion, noise, pollution and also safety and security of the students. All the parents, students, staff and other stakeholders are expected to adhere to the school rules and transport policy at all times. The parents are also expected to furnish correct information to the school/ Bus Committee regarding the mode of transport used by the student.

Resource people from Kids for Tiger interacting with grade 1 & 2 for the upcoming the International Tiger day



Educational Trip to Sahakari Bhandar to learn about food from plants and animals



STD 3 : Interacting with the Roti Bank organization





Achievements of Different Civilizations

STD IV: Students interacting with Dr Punita Shah a farmer to learn about importance of rice and 1st stage of paddy farming



STD 5 exploring universe



STD X Students visited Sahguna Baug at Neral for the EVS and Geography Concepts.



STD IX and X Art students visited JJ School of Art to see an Exhibit to enhance their knowledge about art and paintings.



Resource Person : STD IX and X



Event: Puppet Show



Holistic Event

'Story through my eyes - Students narrated stories with a twist in it....'



The little red hen story - The duck agreed to help the little red hen.