



# NEWS LETTER

Ashoka Universal School, Arjun Nagar

# Workshop:



## GANESHA IDOL MAKING

at Ashoka Universal School , Arjun Nagar



*Little hands at making*



# Laurels:

## 36th Maharashtra State Junior Athletics Championship

You  
did  
great!



*It's a victory!*

Our talented athletes added one more feather to Ashoka Universal School, Arjun Nagar's cap by bagging several medals at the 36th Maharashtra State Junior Athletics Championships in Nashik.

Atharva Khaire and Smith Chaure secured Silver medals in the medley relay boys under-16 race category while Disha Devgiri secured a bronze medal in the long jump girls under-14 category.

*Congratulations to the winners and their mentor Mr. Balasaheb Shirfule*



# Laurels:

## Bharat Vikas Singing Competition

We are happy to share that the singing students of Ashoka Universal School won several prizes at the Bharat Vikas Singing Competition recently held in Nashik.

At Ashoka Universal School we encourage our students to actively participate in competitions and new challenges.

Our students won under the following categories:

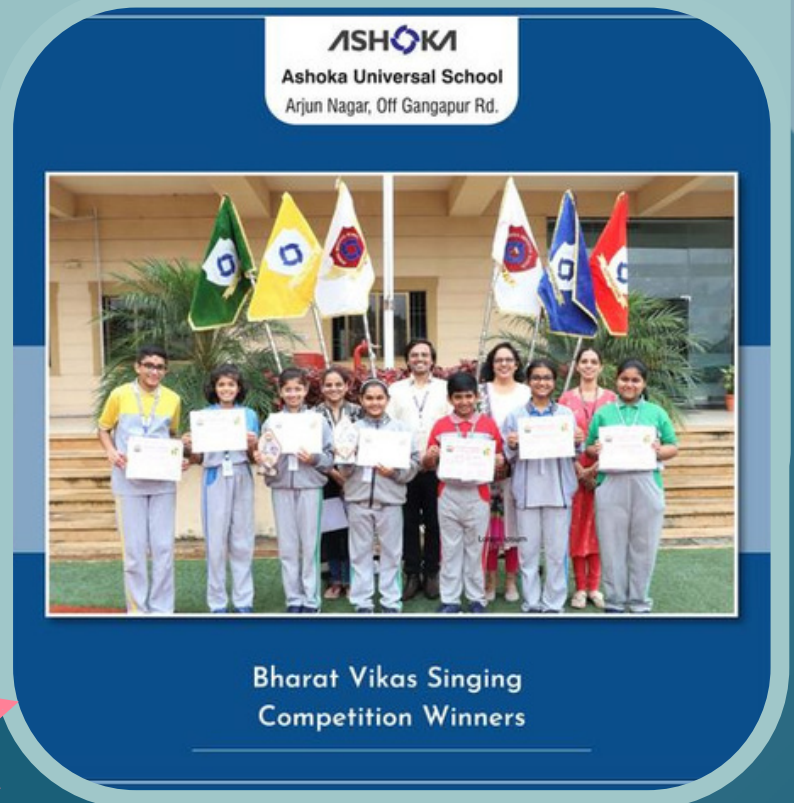
- Hindi Song- First Prize
- Sanskrit Song - Second Prize

The school team was further selected from 16 other schools that were part of the contest for State Level competition.

## WINNERS

- Saeel Gavali (VI)
- Vrunda Sharma (VI)
- Vivek Pajai (VI)
- Anjua Kesawlekar (VI)
- Maitreyi Deo (VIII)
- Aditi Kapadnis (IX)
- Ananya Bhanuvanshe (IX)
- Rudra Poriya (X)

*Congratulations to winners and their mentor Miss. Prachi Date*





# Laurels:

## CISCE Regional Gymnastics Competition



**WINNER**



CISCE Regional Gymnastics  
Competition Winners

We are happy to share another achievement of Ashoka Universal School, Arjun Nagar. The gymnastics students of the school participated in CISCE Regional Gymnastics Competition that was held in Mumbai, and won several medals making us proud. Apart from the individual success, the team also claimed second place in the 'Team Championship' event.

The winners Include:

1. Rudra Somawanshi: 1 Silver and 1 Bronze medal, further selected for National Level competitions.
2. Shyam Pagar: 1 Gold and one 1 Silver medal.
3. Aditya Korade: 1 Silver medal

*Congratulations to all champions and hats off to their mentor Mr. Kaustubh Sonawane*

# Laurels:

## Nashik Division Kick-boxing Championship



**WINNER**



Nashik Division Kick-boxing  
Championship Winners

Our players have won several medals at the Nashik Division Kick-boxing Championship held at the Meenatai Thakare Indoor Stadium organized by Nashik District Kickboxing Association.

Palaksh Mantri won a silver medal and Aditya Jadhav won a bronze medal in the events.

Along with the personal success, the players also bagged team victory with 2nd position at the championship.

*Congratulations to our students and hats off to their mentor Mr. Jitendra Shardul*

# Laurels:

## CISCE Inter-School State Level Shooting Competition.



Star sports enthusiasts of Ashoka Universal School celebrated National Sports Day by winning medals at Mumbai's CISCE Inter-School State Level Shooting Competition.

A total of 3 trophies were bought home and our proud achievers are now gearing up for the

CISCE Inter-School National Level Shooting Competition to be held in Bangalore.

Hats off to our achievers and Congratulations to their mentor Mr. Sandeep Pawar.

The winners included:

Shlok Aher U-14 Open Sight Air Rifle - Gold Medal

Ira Kulkarni -U-14 Open Sight Air Rifle - Gold Medal

Vaibhav Gaikwad Open Sight Air Rifle U-17- Silver Medal

Ruhee Deore U-14 Open Sight Air Rifle - Silver Medal

Anas Sayed U-17- Bronze Medal

Under 14 Girls Championship- Gold Trophy (Ira Kulkarni and Ruhee Deore were instrumental in the School getting the trophy).

Under -17 Boys Championship – Silver Trophy (Sambhu Kad, Aarav Mantri, Tejas Thakur, Krishna Avhad, and Aahish Chavan)





# Laurels:



*Congratulations*

TIRTHA  
NAKUDKAR



For selection in State Level  
Basketball Championship

There is no greater joy than seeing our students fly high and achieve their goals! It gives us immense pleasure to announce that Tirtha Nakudkar, a student of Ashoka Universal School, Arjun Nagar has been selected for the State Level Basketball Championship! Tirtha is a passionate basketball player who recently played District Level Basketball matches at Solapur (under 18 Girls Category).

*Congratulations to Miss. Tirtha and her coach and mentor Miss. Gayatri Dhakane.*

# Laurels:



**ASHOKA**  
Ashoka Group of Schools



Nashik School Association Award Winners  
Miss. Prachi Date and Mr. Bhupesh Deshmukh

We are more than happy to share that our teachers — Miss. Prachi Date (HOD Music, Ashoka Group of Schools, Arjun Nagar Campus) and Mr. Bhupesh Deshmukh (HOD Sports, Ashoka Universal School, Arjun Nagar Campus) received the Longest Service Tenure Awards by the Association of Nashik Schools. The award was given at the hands of Hon. Leena Bansod, IAS, CEO, Zilla Parishad, Nashik. We also appreciate the event organisers Fravashi Academy for their hospitality.



# Celebrations:



## Nine Forms of Durga

The concept of Nava-durga is extremely popular during Navratri. Navratri refers to the nine nights that lead to the celebration of Vijaydashmi. The Goddess is worshipped in nine forms. The nine forms are Shailaputri, Brahmacharini, Chandraghanta, Kushmanda, SkandaMata, Kaatyayani, Kalaratri, Mahagauri and Siddharaatri. These are not nine separate goddesses. They represent the nine phases of the goddess' life. The nine nights of Navratri are a celebration of the Goddess in her entirety.

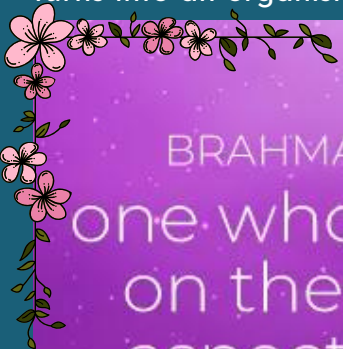
The Goddess is shakti, who brings meaning to Shiva, who disembodied pure consciousness. The first stage is Shailaputri, where Shakti is the goddess of the mountains. She is born of the mountains and she decides to marry the mountain hermit, Shiva. He, however, does not want to marry. He withdraws into his mountain cave, stubbornly refusing to be with her.



SHAILAPUTRI  
the highest peak  
of any experience



In the second phase, she becomes Brahmacharini, a hermit, who performs tapasya. She mimics Shiva, who is a tapasvi himself. As she does exactly what he does, Shiva realises what would happen, if all men and women choose to become hermits. The next generation will not be created. The world will cease to exist. The rock (shiva-linga) becomes the plant (bilva), the object turns into an organism, as Shiva realises without Shakti, he is a dead body (shava).



BRAHMACHARINI  
one who focuses  
on the higher  
aspects of life





# Celebrations:



Shiva agrees to marry Shakti and the goddess then takes her third form, which is Chandraghanta. The Chandraghanta, or the bell-shaped moon, represents the first day of the waxing moon, when only an arc of the moon is seen. If Shiva is the waning moon (destroyer), with Shakti he becomes the waxing moon (creator).

## CHANDRAGHANTA

one who is  
equanimous in the  
face of good and bad  
experiences



Now, as Shiva's wife, she enjoys the companionship of Shiva and her body is filled with warmth. This makes her Kushmunda, gently aroused. In her fourth form, she becomes radiant like the sun, in the presence of Shiva.

## KUSHMANDA

one who is  
supremely creative  
and radiates energy



The fifth form is when she becomes a mother. She is Skanda's mother. She has domesticated Shiva, who was a hermit into a householder called Shankara and also made him a father.

## SKANDAMATA

one who has the skill  
and knowledge to  
deal with everything





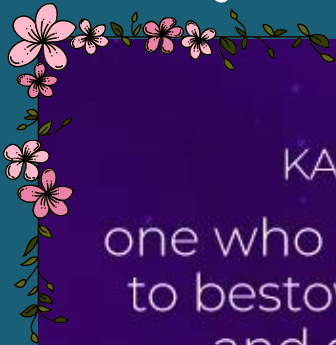
In the sixth form of Kaatyayani, she becomes the outraged warrior who fights Mahishasura—who cannot be defeated by any other deva. He arrogantly declares that no man can defeat him; forgetting that a woman can defeat him.



KATYAYANI  
one who is a  
benevolent and  
uplifting force



In her seventh form, she becomes even more fierce as Kalaratri—Kaali who kills Chanda and Munda. She adorns her body with his entrails, limbs and head. It is the fiercest and darkest form of the goddess, after which she quickly calms down.

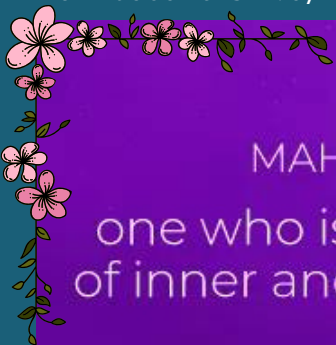


KALARATRI  
one who has the power  
to bestow knowledge  
and dispassion



She then becomes the eighth form: Mahagauri, the homemaker. Gauri is the one who is domestic: her hair is no longer unbound.

She doesn't run amok, naked on the battlefield. She sits at home preparing food, to feed her husband Shiva, in the form of Annapurna.



MAHAGAURI  
one who is the epitome  
of inner and outer beauty





# Celebrations:

In the final form, she is Siddharaatri , the accomplished one. She has completed her work and now takes her rightful place as one half of Shiva's body. She completes him. This is her greatest accomplishment; she has connected Shiva to worldly life, made him realise his purpose, to animate the world, and make the world realise its value and purpose. This is the ultimate role of the Goddess in Hindu mythology



SIDDHIDATRI  
one who bestows you  
with extraordinary  
capabilities



Author- Devdutt Pattanaik

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# NAVARATRI

at

# AUS





# NAVARATRI

at

# AUS





# Celebrations:

## Need Of Unity, United Us



It was Bal Gangadhar Tilak, the editor of newspapers Kesari and Mahratta who was described by the British as 'The Father of Indian Unrest', who then turned the once private, household Ganesh Chaturthi celebration into a gala event, uniting the people of the region.

According to Lokmanya Tilak's biographer Sadanand More, the dauntless freedom fighter challenged the 'divide and rule' policy of the British.

Tilak also used the mass gathering as a platform for publicity. Along with Swaraj and nationalism, issues such as national education, swadeshi, and sports, were discussed.





# Celebrations:

## What you didn't know about Ganesh Chaturthi ?

### Why Is He Called Ekdanta?

You all know the history behind His elephant head but do you know the history behind His one-tooth? Well, according to Brahmavavart Purana, the great sage Parshurama once went to the Kailash mountain to visit Shiva when He was meditating. So, Lord Ganesha didn't allow Parshuram to meet Shiva. This angered Parshuram and He used his axe which was granted to Him by Shiva himself to attack the little Ganesha. To respect the power of the weapon given by his father, Ganesha took the attack on one of His teeth and since then He is called Ekdanta.

### Who Penned Down The Mahabharata?

It is believed that Lord Ganesha is the original writer of the epic Mahabharata. The great sage Vyasa found Lord Ganesha worthy of understanding the Mahabharata. Thus, He decided to recite the epic Mahabharata to Ganesha and asked Him to write it without any interruption. One

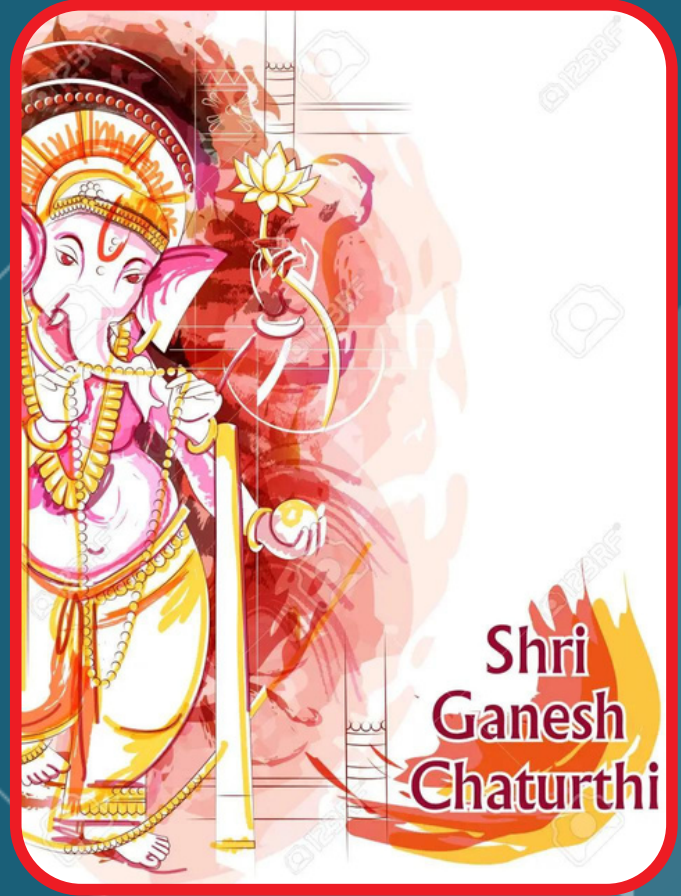
of the story says that Ganesha broke his tusk and used it to write the rest of Mahabharata when the feather quill broke down in between.

### When Ganesha Got Angry

Well, you might not believe that Lord Ganesha can actually get angry but once the moon laughed at Ganesha's fat belly. As a result, Ganesha cursed the moon and said that on Vinayagar Chaturthi, whoever will look at the moon, he would be falsely blamed. That's why people believe in not looking at the moon on Ganesh Chaturthi.

### His Footprints In Other Religions

Lord Ganesha is not only worshiped by Hindus but by Buddhists too. In Buddhism, Ganesha is referred to as Vinayaka and is worshiped in countries like Tibet, China, and Japan. His wisdom, knowledge, and ideologies are revered by devotees from everywhere.



# Student's Corner:

## **SHE WALKS THROUGH HER STORMS**

She walks alone in the rain  
Letting the drops run down her face  
Mixing with the tears, she tries to hold in  
But  
As the tears are mixed with the rain  
She feels safe to let them all out  
This thing puts her at ease  
It's as if she is not alone  
As if the whole world is crying with her  
She loves the storming sky  
So dark, dreary, and dull  
Just like her mind and thoughts  
So she continues on,  
Letting the whole world melt along with her  
Giving her a cold and bitter hug  
Reminding her, the world isn't SO LONELY after all.

Miss. Palak Achale

(Grade- X)

# Student's Corner:

## Body Shaming



"We are all born so beautiful, the greatest tragedy is being convinced we are not." writes Rupi Kaur. In this new age of social media, competition and glamour, Body Shaming is one of the most commonly faced issues all around the world. It is the action or practice of expressing humiliation about your own or another individual's body shape or size. 'Slim', 'Zero figure', 'Muscular' have been the stereotypes since decades. People with only these body types are considered to be beautiful or handsome and due to this judgemental mindset of people, we decide to do the extreme. Bizarre diets, hardcore gym and what not? Diets and gym are good but only when you do it for yourself and not just to 'fit in' or to get that 'perfect body'. 'Perfect body' is a very subjective term. According to me, everyone with two hands, two legs and the ability to perform daily activities has a perfect body but not everyone thinks this. For some people weight, shape and size of the body define 'perfection'. Having opinions is not wrong but mortifying someone for their appearance is unacceptable.





# Student's Corner:



The word 'fat' is used as an insult and not as an adjective anymore. "I look fat" is a complain more than a description. Why? Is there anything wrong with being fat? ABSOLUTELY NOT. Being fat equals to being ugly is what people have started thinking which is completely false, moreover, this era is the image-heavy age of social media where the focus on appearance is more than ever. Models,

influencers and fashion bloggers create this image of how one should be or how only certain types of bodies are attractive. All of this is degrading the word 'fat' more and more. So many of my friends ask me to delete the prettiest pictures only because they look 'fat' in it. So many people don't wear certain type of clothes no matter how much they want to just because they look 'fat'. Looking fat is not the problem, the actual problem is the fear of being judged for being fat.

I have always been a skinny child and not one day goes by when I'm not asked if I have food or not, not a single day when I'm not asked to gain weight by atleast one person and all I can do is laugh it off. All these unnecessary comments seem funny to us but can massively lower someone's confidence. People are not always skinny because they don't eat enough or fat because they eat too much. Most of the times, body types are genetically passed on. No one is at fault for being 'too skinny' or 'too fat'. Sometimes people accidentally shame others or themselves without any intension of hurting the other person but it is equally wrong no matter what the intension was. People need to be more and more aware about the fact that commenting on someone's body, appearance or dressing is never funny. Body shaming someone constantly can result in emotional trauma and severely affect one's mental health. Hence, always be careful with your words and actions. No one decides the way are born and how their body looks, therefore, I would like to end by saying: "At any weight, we are great."



**Miss. Sae Bhalerao**

(Grade- X)

# Student's Corner:



## « La Fête de la musique »

Ira talks about her experience of participating in the French music assembly on the occasion of International Music Day. She was thrilled to be a part of it, especially as they got to write the lyrics on their own! She says that she wants to have a French assembly every week.

Salut! Je m'appelle Ira. Je suis élève du collège Ashoka Universal School. J'étudie en troisième. Aujourd'hui, je vais parler d'une expérience mémorable. Celle que je n'oublierai jamais...

La nouvelle qu'une assemblée française allait être organisée dans notre école était répandue rapidement. J'étais aussi surprise que les autres étudiants français et j'étais très heureuse quand madame m'a choisi pour la même chose. La présentation était en français, cependant, nous avons adapté les paroles de la chanson « Alors on danse » de Stromae à la vie d'un étudiant typique. Il y avait aussi des participants de la seconde. J'ai passé un très bon moment avec eux et j'étais assez nerveuse avant la performance mais tout le monde a adoré et ça s'est très bien passé. A mon avis, il faut avoir une assemblée française chaque semaine.

bonjour

Miss. Ira Kulkarni

(Grade- IX )

## « L'échange Congo-Inde »

Aarav narrates his enriching experience of participating in a virtual exchange program between Indian and Congolese students on the occasion of "UN International Friendship Day" on 30th July. He, along with a few students of AUS prepared presentations on different topics like Right to work, Right to education, Right to Gender Equality, etc. He says that he found the interactions with Congolese students very interesting!

Bonjour! Moi, c'est Aarav et j'écris ce blog pour vous partager mon expérience de l'échange Congo-Inde entre AUS et AISP (un lycée congolais).

Alors ! Cet échange s'est passé le 30 Juillet, qui est fêté comme « UN Friendship Day ». J'y ai participé avec mes amis qui s'appellent Jia et Aditya, et d'autres élèves de mon collège. Nous avons préparé des présentations sur différents thèmes comme - le droit au travail, le droit à l'éducation, le droit à l'égalité de genre.

Pour moi, c'était une très bonne expérience. C'était très amusant car j'ai pu discuter des questions spéciales avec des élèves congolais. L'évènement a eu lieu sur ZOOM, une plateforme en ligne Cette expérience m'a enseigné les problèmes qui sont confrontés par les habitants de Congo. Il y avait des problèmes d'Internet au Congo même pendant notre réunion.

Mais en fin cet échange était très magnifique et en valait la peine ! Merci.

Mr. Aarav Mantri

(Grade- X )

# Student's Corner:

BONNE  
JOURNÉE

« Les cours en ligne vs. Les cours en présentiel »

Harjyot shares his views on Online vs Offlune classes in this elocution, for which he won the « special mention » prize in the interschool French elocution competition. He says that while online classes offer a number of interesting tools to work with, there are certain drawbacks one cannot ignore : it's dangerous effects on students' health, as well as lack of interaction with friends. For him, offline classes are much more interesting and there are less distractions!

Je me présente. Je m'appelle Harjyot. Aujourd'hui j'aimerais partager mes opinions sur le sujet qui est « les cours ligne ou les cours présentiel. » C'est un sujet dont tout le monde a fait l'expérience. Les cours en ligne ont leurs avantages et leurs inconvénients.

Les cours en ligne sont les cours faits avec l'aide d'Internet. Pour les cours en ligne, nous utilisons des applications comme Google meet, Microsoft team, Zoom et bien d'autres applications. Les cours en ligne économisent du temps et de l'argent. Les cours en ligne offrent aux professeurs un certain nombre d'outils d'apprentissage en ligne, qui sont des vidéos, des audios, des animations, des tableaux blancs virtuels et des discussions en direct avec les étudiants.

Mais au même temps les cours en ligne affectent nos yeux et nous donnent des maux de tête. Les professeurs ne peuvent pas donner toute leur attention aux élèves. Pendant les cours en ligne, nos amis nous manquent.

Les cours présentiel ont aussi des avantages et des inconvénients. Les cours en présentiel sont les cours que nous suivons dans les classes des collèges, des écoles. Les professeurs peuvent donner toute leur attention aux élèves. Les cours présentiel est la méthode traditionnelle et originale qui permet aux étudiants d'avoir des interactions régulières en présentiel avec leurs professeurs. En plus, les étudiants ne sont pas distraits. Leur santé ne peut pas se dégrader dans les cours présentiel. Mais les cours présentiel sont plus chers que les cours en ligne.

Beaucoup disent que les cours en présentiel sont bons, tandis que peu trouvent qu'ils ont tort. Pour conclure, je pense que les coures présentiel sont meilleurs que les cours en ligne parce que je les trouve intéressants .Mais les cours en ligne nous ont aidé pendant les moments difficiles. Je respecte ça.

Mr. Harjyot Singh Meen  
(Grade- X)



# Student's Corner:

bonne  
fête

« Apprendre le français »

Tanishq expresses his initial inhibitions about learning French, and how after COVID it all changed because of a few words from his teacher. He says that he really loves everything about France now, and loves that they get to celebrate different French festivals! French has become his comfort zone, and he wants to continue learning and never stop.

Apprendre le français a toujours été un grand obstacle pour moi. J'ai toujours pensé que j'ai fait une énorme erreur de choisir le français comme une matière. C'était assez difficile pour moi. Mais maintenant je ris quand je pense à mon ancienne perspective pour le français.

Je suis absolument amoureux du français et je vais évidemment donner tout le crédit à mon prof de français. Il y a une année, j'ai senti que le français est la matière la plus dur, jusqu'à un jour quand après Covid-19, j'ai assisté à mon première cours de français. Je ne connaissais rien mais à la fin du cours, je ne sais pas pourquoi mon prof a dit que, 'You have a flair for the language and you should really work more on it,' et me voici. Maintenant j'aime chaque chose de la France : la culture, les gens et évidemment la langue, tout ça parce que j'ai appris ça à l'école. Dans notre manuel, il y a différents sujets qui sont nouveaux et vraiment intéressants pour apprendre. Les nouvelles façons d'apprentissage sont plus faciles, par exemple, j'ai eu la meilleure expérience du projet de ma vie. Tout ce que nous avons fait, c'était d'écrire une carte postale à un ami francophone. En plus, nous fêtons aussi beaucoup de fêtes françaises comme fête de la musique, fête nationale et maintenant nous allons fêter « la semaine du goût » en octobre. Dans la classe, tout le monde fait attention et ça crée un bon environnement pour étudier.

Apprendre le français est une partie de ma zone de confort. Maintenant, après avoir assez de confiance pour parler, écrire et comprendre le français, ça m'inspire à continuer et à ne jamais arrêter !

au revoir

Mr. Tanishq Kaurani  
(Grade- IX)

# ASHOKA

ASHOKA GROUP OF SCHOOLS

Arjun Nagar, Off Gangapur Road.

**ADMISSION OPEN 2022-2023**

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