



ASHOKA
Ashoka Universal School
ARJUN NAGAR, OFF GANGAPUR ROAD

NEWS LETTER |

AUGUST 2021

Issue No:6



"BE ENOUGH FOR YOURSELF FIRST, THE REST OF THE WORLD CAN WAIT"

-Anonymous

Most of us want to give love, most of us want to provide support, care, and affection and be empathetic. And yes we are very much capable to do that. However before giving make an attempt to cultivate the same love and affection for self first and by that I mean nurture self-care.

How do you define self-care? Self-care is everything you do consciously for your mental, physical, and emotional well-being. Though it sounds very simple many of us pay little attention to self-care. This is why consciously is one of the most important words in the definition. You need to be conscious of your well-being before you can achieve true self-care. It can also start with simple activities like sleeping little early than before, five minutes walk in the nature

Self-care inspires you to maintain a healthy connection with yourself .It helps you create a strong bond with yourself as you keep yourself as a priority and start taking care of yourself. In this process you would develop love, acceptance for yourself and you would be able to provide love and affection to others too because you cannot provide what you don't have. Some would call this act of self-care as being "Selfish". You are taking care of self that doesn't mean you are ignoring your responsibility. Its building yourself so that you are at a better place to help others as well.

An article in Perimeter Healthcare has provided few areas where you can start self. They are as follows.

- 1) Pay attention to your physical health: Exercising and Yoga are good start towards self-care. These activities help you feel better for yourself and when you feel better you act better.
- 2) Get enough sleep: A proper 8 hours of sleep has lot of effects on the functions of physical and mental well-being. It contributes to your healthy being.
- 3) Eat well: A good diet is road towards being healthy. Taking care of your eating habits strengthens your digestive system and leads to better physical health.
- 4) Keep yourself occupied productively: Human being define them forms what they can do. Doing things that give you a sense of accomplishment will contribute to your self-love and self-esteem.

Practicing self-care has scientifically proven helpful to minimize stress, maintaining good relationships, dealing with fatigue too and other areas of physical and mental well-being as well. And remember you got to nourish to flourish.





Ms Divya Gangwal bagged the 4th prize for her Tabla performance at the recently held Malhar Fest organized by GEMS English Medium School.



Congratulations!

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Mast Shourya Deshmukh received the 3rd price for his Guitar performance at the recently held Malhar Fest organized by GEMS English Medium School.

Congratulations!

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LAURELS

Events !



Mast. Safal Jain bagged the 1st prize for his Guitar performance at the recently held Malhar Fest organized by GEMS English Medium School.

Congratulations!

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Ms. Shalmali Mengane bagged the 2nd prize for Vocal Singing at the recently held Malhar Fest organized by GEMS English Medium School.

Congratulations!

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MERIT CERTIFICATE

AKHIL NATRAJAM AANTAR SANSKRUTIK SANGH, NAGPUR
MEMBER OF THE INTERNATIONAL DANCE COUNCIL CID, PARIS - FRANCE.

PRESENTS

**WORLD DANCERS
ONLINE INTERNATIONAL
DANCE CONTEST 2021
SEASON 4**

THIS IS TO CERTIFY THAT
AAVUSHI DEORE
HAS PARTICIPATED IN DANCE CATEGORY
KATHAK / JUNIOR
& GOT 2ND AWARD.

JAY BHISEY
PRESIDENT
ANASS, INDIA

MANGESH TAYWADE
SECRETARY
ANASS, INDIA

YouTube CHANNEL
ANASS - INDIA

Congratulations

Ms. Aayushi Deore

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PRESENTS

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ONLINE INTERNATIONAL
DANCE CONTEST 2021
SEASON 4**

THIS IS TO CERTIFY THAT
MITALEE BHALERAO
HAS PARTICIPATED IN DANCE CATEGORY
KATHAK / JUNIOR
& GOT 2ND AWARD.

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PRESIDENT
ANASS, INDIA

MANGESH TAYWADE
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YouTube CHANNEL
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Congratulations

Ms. Mitalee Bhalerao

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PRESENTS

**WORLD DANCERS
ONLINE INTERNATIONAL
DANCE CONTEST 2021
SEASON 4**

THIS IS TO CERTIFY THAT
YUDHIKA CHAUGHULE
HAS PARTICIPATED IN DANCE CATEGORY
BOLLYWOOD / MINOR
& GOT 1ST AWARD.

JAY BHISEY
PRESIDENT
ANASS, INDIA

MANDESH TAYWADE
SECRETARY
ANASS, INDIA

YouTube CHANNEL
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Congratulations
Ms. Yudhika Chaughule

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MEMBER OF THE INTERNATIONAL DANCE COUNCIL CID, PARIS - FRANCE.

PRESENTS

**WORLD DANCERS
ONLINE INTERNATIONAL
DANCE CONTEST 2021
SEASON 4**

THIS IS TO CERTIFY THAT
**SWAMINI KHAIRNAR, AAROHI SETH
& ABHISHRI KHAIRNAR**
HAS PARTICIPATED IN DANCE CATEGORY
SEMICLASSICAL / TRIO / MINOR
& GOT 1ST AWARD.

JAY BHISEY
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ANASS, INDIA

MANDESH TAYWADE
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Congratulations
Ms. Aarohi Seth

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MEMBER OF THE INTERNATIONAL DANCE COUNCIL CID, PARIS - FRANCE

PRESENTS

THIS IS TO CERTIFY THAT
SMRUTI JHIKRE
HAS PARTICIPATED IN DANCE CATEGORY
BOLLYWOOD / JUNIOR
& GOT 1ST AWARD.

WORLD DANCERS
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DANCE CONTEST 2021
SEASON 4

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Congratulations
Ms. Smruti Jhikre

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MEMBER OF THE INTERNATIONAL DANCE COUNCIL CID, PARIS - FRANCE

PRESENTS

THIS IS TO CERTIFY THAT
SANVI GUNJAL
HAS PARTICIPATED IN DANCE CATEGORY
HIP HOP / JUNIOR
& GOT 2ND AWARD.

WORLD DANCERS
ONLINE INTERNATIONAL
DANCE CONTEST 2021
SEASON 4

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MANDESH TATWADE
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Congratulations
Ms. Saanvi Gunjal

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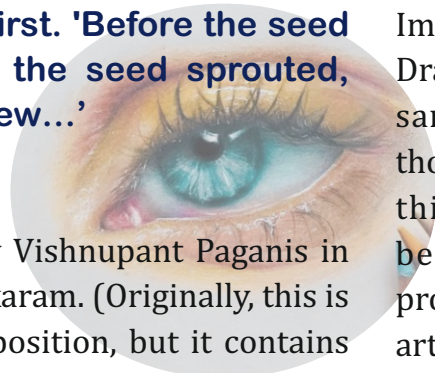




Seed alone first. 'Before the seed was sown, the seed sprouted, the plant grew...'

The song is sung by Vishnupant Paganis in the film starring Tukaram. (Originally, this is not Tukaram's composition, but it contains so many revealing poetic talents that it seems to be his.) Listening to this song, I feel that its meaning is applicable to all art creations. When an idea starts leaping, it has to be well-rooted as well. Only then is it unleashed. The claws spread and swing. After showering love with fertilizer and watering, the branches of Pallava began to grow in the open sky, so that our own blossoms bloom with sweet flowers. We, the painters and sculptors, create art in this order. The subject for the picture suggests that it has to be grounded immediately. Sketches on paper are, embodying the abstract idea.

Imagination is the mother of every picture. Drawing is revealed through thought and the same drawing begins to encourage that thought. While drawing the first, second and third in such an order, those thoughts become clear in the final picture. The procedure isn't just applicable to amateur artists; even established artists often have to draw following the same steps. Drawing is not a small thing. The final painting accepts the signature of perfection as the blurry image on the screen should become clear when focused. Your mind starts to take shape from sketching to the final stage while at the same time your experience, accumulation of thoughts and the happenings around you tend to mature that picture. This requires regular practice. Otherwise, no matter how profound the idea, it is not a great work of art. "Painting is the unifying manifestation of the three things of thought, medium and instinctive action."





'You have to be the change that you want to see in the world'

-Mahatma Gandhi

Why to celebrate a certain day on a certain date while the bliss of life can be celebrated every moment!

This was a question prevailing in my mind which made me write this article 'Can't we celebrate Mahatma every day?'

Some philosophies stand the test of time and when it comes to leadership, Mahatma Gandhi's words "You have to be the change that you want to see" are as relevant today as they were 150+ years ago when he successfully mobilised millions of Indians at the grass root level to come out of their homes and oppose the British oppression in India. His doctrine of nonviolence and civil disobedience were more appealing to Indians than the call for violence by many radical organisations.

Gandhi had faced great challenges and overthrowing the British, inspiring Indians to feel and see themselves as equals to the British despite the visible superiority of the rulers. He feared of the British oppression getting replaced by a domestic one.

Mahatma understood all the factors in India's freedom struggle carefully - the psychology of the people and he crafted a strategy that would not only mobilise mass opinion in India and abroad against imperialism but would also leave a lasting legacy, a philosophy that would later be followed by many around the world in their own struggle against oppression from Martin Luther King to Nelson Mandela.

The truth is that the change that we seek begins with every single one of us. We all have the power to 'shake the world in a gentle way' as Mahatma Gandhi said. And that can be done on a daily basis, isn't it?

The need to revisit Mahatma Gandhi's Leadership philosophy is felt the greatest in his home country where a nation of a billion people yearn for a new sunrise of hope, equality, justice, prosperity and peace. India- Our Matrubhoomi where these adjectives are not merely a part of oratory but the founding pillars of its future. India needs leaders at all levels; in all spheres of activity - its homes, educational institutions, government, media and popular entertainment and companies - who 'can be the change' and who can live the message, who have the courage to be different and who preach more through their actions than their words. I wish to end and ask all of us the same question; 'Can't we celebrate and practice to be Mahatma every day?' I have decided not to wait for October! What about you?

*Go not to the temple to put flowers upon the feet of God,
First fill your own house with the Fragrance of love...
Go not to the temple to light candles before the altar of God,
First remove the darkness of sin from your heart...
Go not to the temple to bow down your head in prayer,
First learn to bow in humility before your fellowmen...
Go not to the temple to pray on bended knees,
First bend down to lift someone who is down-trodden...
Go not to the temple to ask for forgiveness for your sins,
First forgive from your heart those who have sinned against you.*

-Rabindra Nath Tagore

- A True Gandhian: **Mr. Suhas Mandlik,**
History Educator.

'EUNOIA: Beautiful Thinking.' Du Coeur with no Heart

This diverse online fest for the students of ICSE and ISC [Std. IX to XII] is the first edition of Eunoia Interschool events. A part of the learning process is adapting as change is inevitable. Having a tunnel vision of education to be restricted to the school and the textbooks is redundant. When we learn together, we grow together. The events had been curated in a way to encourage prime maximization of creativity, analytical skills and most importantly embracing one's individuality.

It included events ranging from 'Du Coeur With No Heart' to 'Kangaroo Court', 'Bazinga Punk', and many more, all on Microsoft Teams.

Utkarsha Kakad (Grade X)

Participating in Du Coeur With no Heart helped me a lot, not only in academics but also in my vocabulary. I always thought poems were the most boring part of literature as it was a bit hard to understand. But since I started understanding poems properly, I feel that it is as good as any other aspect of language, or I would rather say, it is better than any other aspect! In Du Coeur With no Heart I also found that I can be creative when I want to. I got the platform to express my feelings and I think I utilized it well. I would thank my mentor for the competition, for her guidance. It was a lot of fun and also I learned a lot. I was able to use words from my vocabulary in the poem which I rarely use in day to day conversation. I will definitely participate in more such events if I got the chance.

Shambhavi Lohate (Grade X)

I enjoyed taking part in this competition as I learned new things and got to experience writing poetry and meeting new people who share the same interest in it.

Labh Sharma (Grade X)

I had fun while participating in the competition, along with which it helped me realize how rusty one can get by without practice. I would certainly like to participate in such similar competitions and I am thankful to the school for providing such platforms to us.

Eunoia Board of Trade

Mit Shintade (Grade X)

Being a participant of Virtual Trade competition I have learned many new concepts about how to trade shares and also learned about the auction process. I also enjoyed the company of my teammates in the competition. And the teamwork we did in the competition. I definitely liked to interact with many new participants.

Overall, the experience was awesome.

Pranav Patel (Grade X)

We at Ashoka are given exposure to various platforms to showcase our talents and Eunoia was one such competition. At first we were hesitant but our mentors guided us and explained the entire scenario of Virtual trade. The competition was a great learning process and we got the real feel of the trading market. The bidding and trading rounds in competition actually gave us the feel of trading in the stock market.

It taught us how to analyze the worth of any company by studying its performance and going into investments in it. It was a great teamwork for all of us and all three days it kept us busy making a comparative study and making investments a great learning experience. I take the opportunity to thank my mentors for being there and providing their valuable guidance and also my teammates. Looking forward to more such opportunities.

Regards

Kangaroo Court winners

Our students bagged the Second rank in an Interschool Competition named 'EUNOIA: Beautiful Thinking.' - a diverse online fest for the students of ICSE and ISC [Std. IX to XII]. The winners have tried to share their experience and their learning in words.



Tirtha Naukudkar (Grade X)

Kangaroo court such a fun competition it was! We got a platform to open up and present our points on those amazing series we've watched.

I'm really glad I got to Participate in this competition and got a way to express myself and got to know how a single case can have different point of views making it really knowledgeable.



Kangaroo Court winners



Varada Gajare (Grade X)

Winning a competition wasn't a new experience though this one was quite distinguished and quirky as well. Quite an adventurous participation and preparation which led us to winning the competition. These are not just words to describe but my real views towards the journey in retrospect. The whole thing just taught me, unplanned things can work too, just what it takes is your honest effort and intentions towards the work. Though not much prepared, you just have to transform yourself into the best version of yourself you can imagine at that point of time and not panic. Probably this learning would always be with me because everything cannot be planned in life, some things are just meant to be as they are without making them over. Just being confident and calm is what helps.



In the eighteenth century, a classical revival of the art of public speaking, often referred to as **The Elocution Movement** occurred in Britain. While elocution focused on the voice articulation, diction, and pronunciation—declamation focused on delivery. Initially, the aim was to improve the standard of oral communication; through modification of inflection and phrasing, along with appropriate gestures, speakers were taught to convey the meaning and persuade the audience, rather than deliver monotonous litanies. Declamation requires students to select a speech that was delivered in public and perform an excerpt of that speech to an audience. Speeches are up to 10 minutes in length. As a result, students typically shorten the text of the speech to meet time requirements. The event is not designed for students to mimic the original author of the speech. Instead, speakers are to develop an oration that delivers the message of the author in an original and engaging manner. Students of our school participate every year representing our school in "IMPRESSIONS" - Virtual Inter -School Competitions this year too, Miss. Varda

Varada Gajare

I have been always loving to speak in public and undoubtedly my school and mentor teachers have always believed that I can pull it off, me always being doubtful about if I can or not but they never do it. A bit of pressure and also with the want to speak and communicate with my audience, I have always given myself a chance. I really don't know if I score well in all of the different criteria of judging but after delivering the speech, I am always personally satisfied. I believe I just need to be more competitive now that it's 2021 and it's all about the competition but on the other hand I also don't want to be it so much that I forget enjoying the process. This was off course not my first time of participating in such competition but this whole thing which I mentioned; these thoughts always come to my mind and let me go with the flow and enjoy my prep time.

Tirtha Naukudkar

This competition was really a completely new experience and I am grateful that I got to be a part of it! I got a chance to explore my own skills and participating in it made me more confident. I now know where I need to improve and what does the term declamation mean and how is it done!

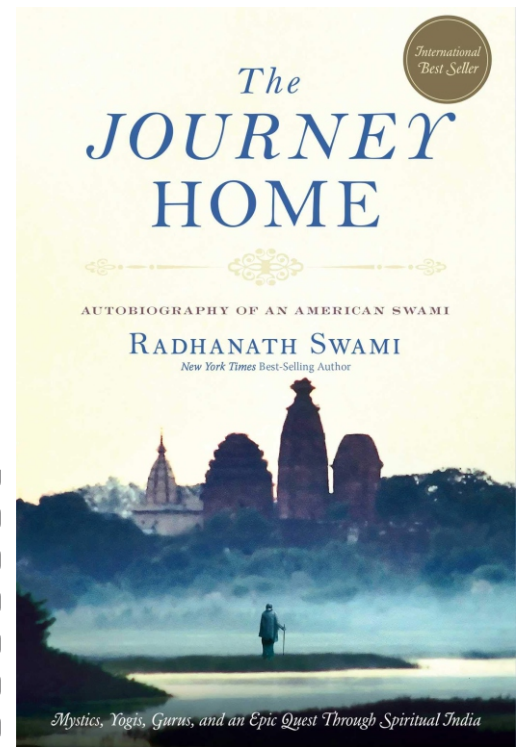
Atharva Badgajar

Public speaking has been my passion, i have fallen in love with the endeavour that drives me through this process, declamation was not just a competition but was a help guide to showcase the talent and improve on it. It really doesn't matter who wins the competition, but the thing that really matters is such opportunities. We should absolutely not allow them to go over us. We should grab it, not with the dream of winning but with the dream of getting valuable life learning and implementing them.



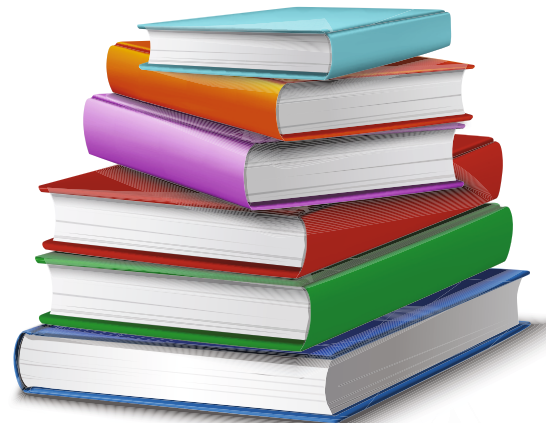
For a Peruser

The Journey Home – Autobiography of an American Swami



Richard Slavin born on 7th December 1950 in Chicago to a Jewish family always wanted to find the truth of life and the real god. He was 19, when he came to Europe with Frank and Garry, they were robbed the very first night. So Frank decided to go back and whatever money Richard and Garry had they handed it to Frank so that he could return. And this was where the journey started. It took almost 6 months for Richard to reach India. Richard started his journey from France, Switzerland, Italy, Greece, Turkey, Iran, Afghanistan, Pakistan and finally reached India.

One evening in Switzerland Richard heard a voice saying “Go to India” and this was how he stepped forward for India. Garry and Richard decided to separate themselves. And when Richard came in India it took him almost 2 years for him to recognize the god. Richard accepted Shрила Prabhupada as his guru. Now he is American Gaudiya Vaishnava guru, community-builder, activist, and author. He has been a Bhakti Yoga practitioner and a spiritual teacher for more than 40 years. And Richard Slavin is none other than Shri Radhanath Swami. He is the one of the most respected spiritual members of ISKCON.



Purva Khairnar IX A



1 August - National Mountain Climbing Day

Every year on 1st August National Mountain Climbing Day is observed. It is said that the day was established in honour of the author's son, Bobby Mathews, and his friend Josh Madigan, for successfully climbing the 46 High Peaks of New York State's Adirondack Mountains.

7 August - National Handloom Day

It is observed on 7 August every year to honour the handloom weavers in the country. This year 6th National Handloom Day is celebrated.

12 August - International Youth Day

International Youth Day is celebrated on 12 August around the globe to focus on the development and protection of youth in the society.

13 August - International Lefthanders Day

Every year on 13 August Lefthanders Day is observed. It raises awareness about the problems and difficulties that left handed persons faced.

13 August - World Organ Donation Day

World Organ Donation Day is observed on 13 August to spread awareness about the importance of organ donation.

19 August - World Humanitarian Day

World Humanitarian Day is observed annually on 19 August around the world to pay tribute to aid workers who risk their lives in humanitarian service. This day also honour the work of women in crises throughout the world.

29 August - National Sports Day

National Sports Day is celebrated on 29 August every year to honour the birthday of Dhyan Chand a field hockey player. National Sports Day is also known as Rashtriya Khel Divas.

30 August - Small Industry Day

Small Industry Day is observed on 30 August every year to support and promote small scale industries. Do you know that small scale industries are privately owned small corporations or manufacturers with limited resources and manpower?



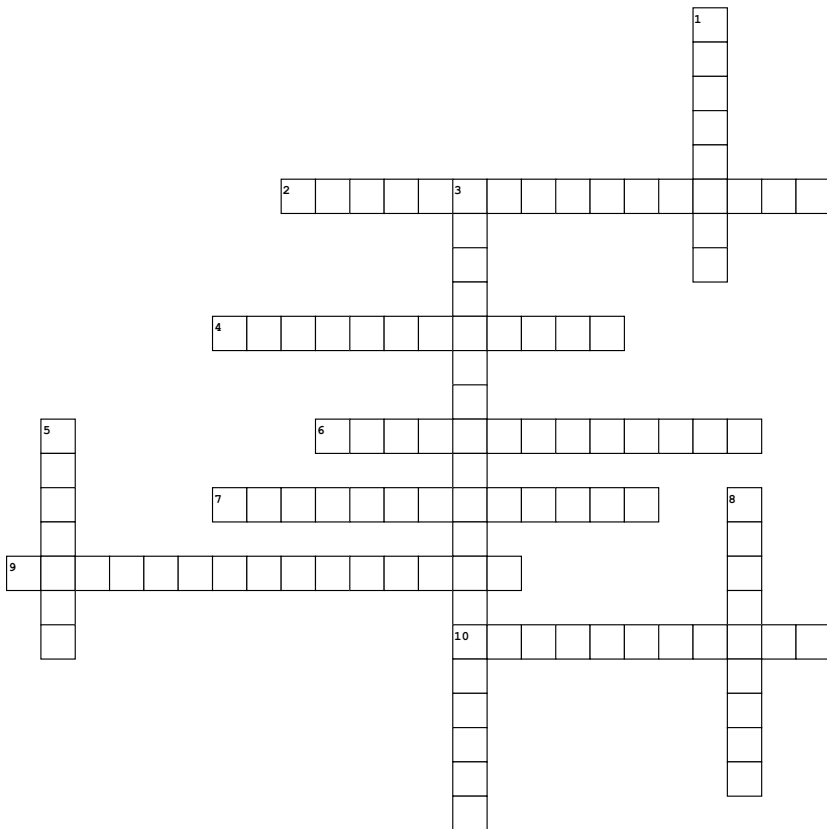
CELEBRATE
International Youth Day!!

WORLD
ORGAN DONATION DAY





CROSS WORD



Across

2. She is the first female teacher of the first women's school in India.
4. Dr. Radhakrishnan was the Indian ambassador to this country.
6. This renowned teacher won the nobel prize in Literature for a consecutive five times!

Down

1. An ancient Indian system of schooling.
3. Dr. Radhakrishnan's 1st book were based on the philosophical teachings of this learned person.
5. Dr. Radhakrishnan donated the entire amount of his Templeton prize money to this foreign University.
7. Declared to be a Central University and "An Institution of National Importance" by an Act of Parliament, this university founded by Rabindranath Tagore is called?
9. royal guru to Kauravas and Pandavas in the epic Mahabharata
10. He said, "Teachers are the backbone of any country, the pillar upon which all aspirations are converted into realities."
8. Teacher & Royal Advisor to the great king, Chandragupta Maurya.

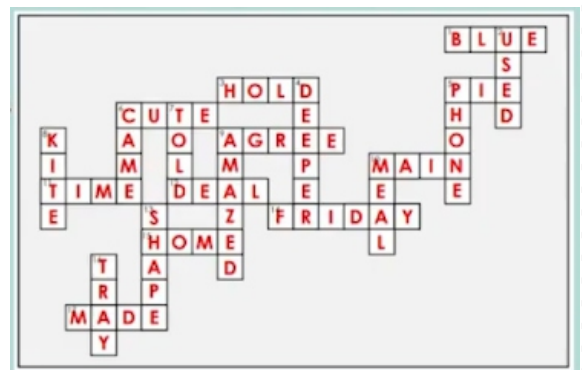
Trivia Questions

What is the official nickname of Texas?

Which state is known as the Empire State?

Answer: 1. The Lone Star State 2. New York State

Answer to Crossword of Issue No.5



ASHOKA

Ashoka Group of Schools

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CAMBRIDGE | ICSE | ISC | HSC
PRE PRIMARY



“
SOMEDAYS THEY WIN
SOMEDAYS THEY LOSE
BUT THEY ALWAYS LEARN
”

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The views expressed in articles printed are their authors' own and do not necessarily reflect those of the Newsletter or its editorial policy.

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