



POSSIBLE

**NEWS
LETTER**

ASHOKA UNIVERSAL SCHOOL, ARJUN NAGAR CAMPUS.

LAURELS:

DSO Division Level Athletics Competition

Yet again a fantabulous win for the athletes of Ashoka Universal School, Arjun Nagar Campus. Our students recently bagged laurels at the DSO Divisional Level Athletics Competition held at Meenatai Thakare Stadium, Nashik.

The winners include:

Girls under 14:

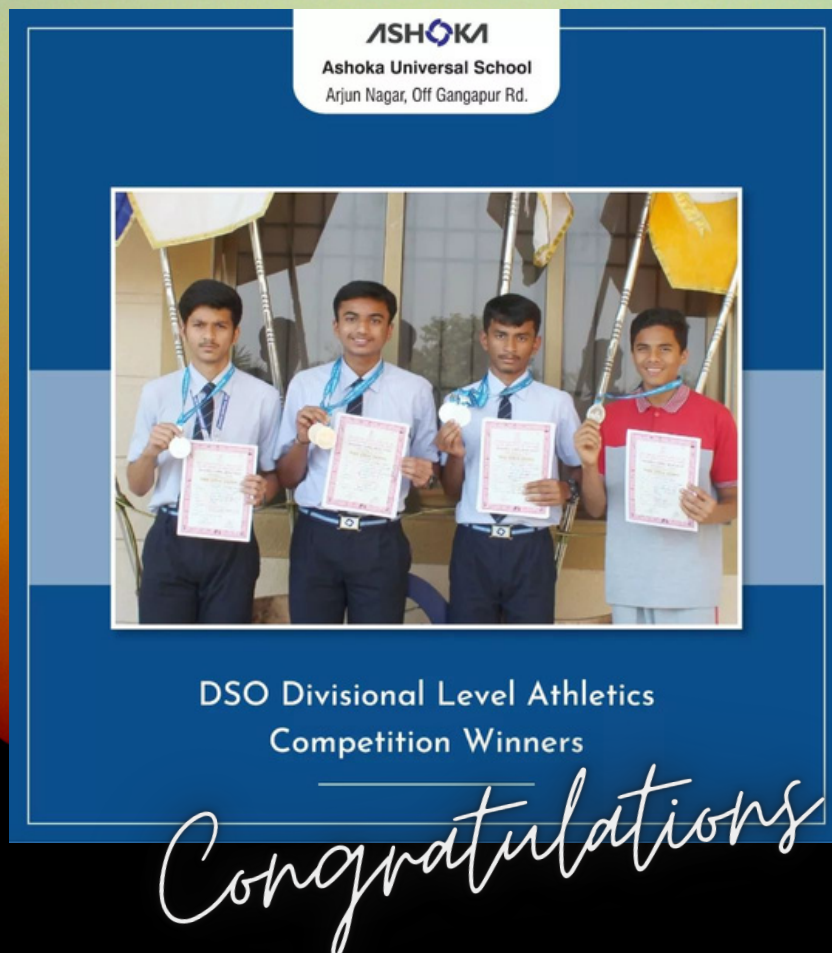
- **Disha Devgire** - Gold Medal in Long Jump and 100 mts

Boys Under 17:

- **Atharva Khaire** - Silver Medal in 800 mts and Relay 4 X 400 mts
- **Smith Chaure** - Silver Medal in Long Jump and Relay 4 X 400 Mts
- **Aditya Kuwar** - Silver Medal in Relay
- **Siddharth Dhomse** - Silver Medal in Relay

Disha Devgire, Atharva Khaire, and Smith Chaure have further been selected for the DSO State Level Athletics Competition to be held at Balewadi Stadium in Pune.

Congratulations to our Athletes and their mentor Balasaheb Shirfule.



LAURELS:

Education Excellence Award

“Excellence is not a Skill, it’s an Attitude.”

We are elated to announce another win for the Ashoka Group of Schools, Arjun Nagar Campus.

Ashoka Group of Schools received the ‘Education Excellence Award’ by Divya Marathi at their Education Excellence Awards ceremony for its generous contribution to the field of education. The event was organized by Dainik Bhaskar.

Around 22 Schools and varied educational institutes were present for the award ceremony which was graced by chief guest Dr. Leena Bansod, Vice Chancellor Sandeep Foundation Dr. Rajendra Sinha, and editor-in-chief Divya Marathi Zuber Shaikh.

The award was received by the vice principal of Ashoka Universal School, Arjun Nagar Campus Dr. Priya D’Souza.

We at Ashoka Group of Schools promise to deliver the best to our students and parents and keep the flag of Ashoka soaring high at all times.



Congratulations

LAURELS:

Nashik Zilla Sub Junior and Junior Athletics Championship

ASHOKA
Ashoka Universal School
Arjun Nagar, Off Gangapur Rd.



Nashik Zilla Sub Junior and Junior Athletics
Championship Winners

The athletics players of Ashoka Universal School, Arjun Nagar won medals at Nashik Zilla Sub Junior and Junior Athletics Championship that was held at MPA Police Ground, Nashik.

Our amazing players won in various categories including Boys under 8, Boys under 10, Boys under 12, Boys under 14, Boys under 16, Girls under 12, Girls under 14, and Girls under 16.

Sarthak Shirfule and Viraj Thorat were declared the 'Best Players' in the under-8 category.

Boys in under 8, under 10, under 12, and Girls from under 12 categories have further been selected for the State Championships to be held at Kolhapur.

Congratulations to the winner and their coach Balasaheb Shirfule for their dedicated efforts.

Science Quiz Achievers Competition.

A trio of Grade 6 and 7 students from Ashoka Universal School, Arjun Nagar grabbed the 2nd position from around 53 Nashik teams in the Science Quiz Achievers Competition. This event was organized by the Saevus Magazine, Mumbai in association with Rotary Club Nashik City.

This winning team from Ashoka included Aayushi Deore, Maheeka Bijlani, and Yasha Chopda.

Congratulations to our students, and kudos to their mentor Archana Yeole.

ASHOKA
Ashoka Universal School
Arjun Nagar, Off Gangapur Rd.



Science Quiz Achievers
Competition Winners

Congratulations

EVENTS:



Republic Day

Ashoka Group of Schools, Arjun Nagar Campus celebrated Republic Day with patriotic spirit, purity and enthusiasm.

The tricolour was unfurled by Chief Guest Tanmay Malpure and the day commenced in the reverberations of JAI HIND, JAI BHARAT. Students presented dance and song performances in praise of India. The School Band and March Past drill were the highlights.

Sir Tanmay Malpure motivated students to join the forces, and serve the country with passion, dedication, grit and determination.

ASHOKA
Ashoka Group of Schools



Republic Day Celebration

प्रजासत्ताक दिन

EVENTS:



EVENTS:



CHHATRAPATI SHIVAJI MAHARAJ JAYANTI.

Chhatrapati Shivaji Maharaj Jayanti, also known simply as Shiv Jayanti, This festival is celebrated on February 19.

Students of Ashoka Universal School, Arjun Nagar.

Celebrates Shiv Jayanti by promising to always walk in the right path and show courage with respect to our country like Sivaji Chhatrapati Maharaj and make our nation proud.



EVENTS:



POSTER MAKING COMPETITION

On the occasion of 74th Republic Day of India Ashoka Universal School, Arjun Nagar had organised competitions for grade I –V.

The Theme was -“ My Country”

1. Strength of India.
2. Different Cultures.
3. Different Religions.
4. University Diversity.

India is a land of different cultures and traditions. The objective of the competition was to address the feeling of our country among the students and it had serve upto the best, around all students of grade 1 to 5 of our school has participated in the event with full zeal and love towards the mother land.

Students had brought materials required for making mask from their home.

The students expressed their views and thoughts about the country as well as on Republic day by drawing, colouring and speaking. One could see and feel the enthusiasm that the students had in their presentation.

This engaging activity was organized to explore and encourage creativity in students and offer them a platform to showcase their skills. It inspired them to think and work creatively in order to promote artistic excellence. Their efforts and initiative was appreciated by one and all.



STUDENTS' CORNER:



Journal writing

Journals are a great way to catalogue the everyday events of your life as well as formulate and record new creative ideas as they occur to you. Journals are an invaluable place for you to practice your craft as a writer and develop your writing skills.

What Is Journaling?

Journaling is simply the act of informal writing as a regular practice. Journals take many forms and serve different purposes, some creative some personal. Writers keep journals as a place to record thoughts, practice their craft, and catalogue ideas as they occur to them. Journals are often a place for unstructured free writing, but sometimes people use writing prompts (also known as journaling prompts).

Many non-writers keep journals to record the day-to-day events in their own lives, process stressful events, and problem-solve, or keep to-do lists. Another popular form of journal is a gratitude journal. Gratitude journaling is a journaling experience meant to take stock of the positive things in your life in order to boost your self-esteem and improve your overall well-being. No matter what type of journal you keep, it's a great way to force yourself to start writing and engage in a process of self-improvement.

What Are the Benefits of Journaling for Writers?

There are many benefits of journal writing. These include personal growth, improved communication skills, and increased self-awareness. Developing a journaling practice can help you deal with negative thoughts and stress management by prompting journal writers engage in a daily practice of self-reflection and self-discovery. For writers the benefits of journal writing are especially profound:

Journaling forces you to practice the act of writing:

One of the simplest benefits of a daily journal is that it forces you to develop a consistent writing practice. Facing the blank page is one of the hardest things facing a writer. By journaling regularly, young writers can develop their writing skills and demystify the process through practice.

Journaling allows you to explore new ideas:

Another benefit of journal writing is having a place to formulate and record ideas for other pieces of writing. It's also a venue for problem-solving. Many accomplished writers and even successful people in non-creative fields keep idea journals as a place to track thoughts that occur to them that they may want to expand upon or revisit at a later date. As a writer, a journal can also be a useful place to free write and formulate ideas on the page.

Journaling enables you to break through writer's block:

Writer's block is an incredibly common problem that confronts writers at every level. By keeping a personal journal and writing journal entries on a daily basis, you can combat writer's block by keeping the creative juices flowing and feeling free to write without the pressure of a final product looming over you.

Journaling allows you to practice stream of consciousness writing:

One approach that many writers find useful is stream of consciousness free writing. Some writers refer to their daily free writing journal entry as morning pages, a term popularized in the book *The Artist's Way*. Stream of consciousness writing can help you develop ideas that wouldn't otherwise occur to you.



My gratitude Thankful for.....

MY HARDWORK
FAMILY
CHANGES
RELATIONSHIPS
BUDGETS
SUPPORTIVE FRIENDS
ADVICE
CONFERENCES
KINDNESS
SUPPORT
POSSESSIONS
SMALL THINGS
LAUGHTER
I LOVE
LEGENDS
LOVE
STRENGTH
A EDUCATION
A TOUGH SOUL
WARRIORS
UNDERSTANDING
TRUTH
MORALE
BODILY
MENTAL
MY MIND
MY BODY
MY LIFE
MY KNOWLEDGE
MY SKILLS

The way to get started is to just talking and begin DOING.
DONE IS BETTER THAN PERFECT.
DO WHAT YOU CAN
WITH WHAT YOU HAVE
WHEREVER YOU ARE.
DREAMS DON'T WORK UNLESS YOU DO.

Do what is right, not what is easy.
you're amazing and capable of AMAZING THINGS.
Really begin the moment you decide to do it yourself.
Anyone can do something where they want to do it. Really successful PEOPLE do things when they don't want to do it.

Stars can't shine without darkness
It's kind of fun to do the IMPOSSIBLE.

Whatever you decide to do, make sure it makes you HAPPY.
First, THINK, Second, BELIEVE, Third, DREAM and finally, DARE.

I am positive that I am a better person than I was only 20 years ago.
Never spend more money than you have.
There are plenty of ways to go ahead.
The first is so basic that almost embarrassed to say it spend less than you earn.
Don't give up what you don't want. Don't give up what you want. Don't give up what you have. Don't give up what you want. Don't give up what you have.

Don't give up what you don't want. Don't give up what you want. Don't give up what you have. Don't give up what you want. Don't give up what you have.

Don't give up what you don't want. Don't give up what you want. Don't give up what you have. Don't give up what you want. Don't give up what you have.

For what I want to be...

It's never too late to be whoever you want to be. I hope you live a life you're proud of and if you find that you're not, I hope you have the strength to start over and fight for yourself your life.
YOUR HAPPINESS
Yesterday, I was clever, so I wanted to change the world.
Today, I am wise, so I am CHANGING MYSELF.

Before you speak, LISTEN before you speak. Before you spend, EARN before you spend. Before you criticize, WAIT before you criticize. Before you pray, FORGET before you pray. Before you quit, TRY.....

I am too old to worry about who likes me and who dislikes me. I've more important things to do than to worry about what people think of me. I don't care, life goes on, WITH OR WITHOUT YOU!!!

You can't stop the storm, so stop trying to stop it. What you can do is CALM YOURSELF. The storm will pass.....

Maybe not immediately, but at a certain point you have to be able to turn your worst bad experience you've had into a funny dinner party joke.

YOU WON'T WIN IF YOU DON'T TRY.
I find people who are successful are always trying. They are always trying to be in the world. Someone who is always trying to be in the world is always trying to be in the world.

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DEAR GOD,
IF TODAY I LOSE MY HOPE
PLEASE REMIND ME THAT
YOUR PLANS ARE BETTER
THAN MY DREAMS.

No expectations just hopes.
Start
On my way to happiness, I found you.

DON'T FORGET TO:
FOCUS ON THE GOOD
DO SOMETHING YOU LOVE.....
KEEP BEING BRAVE....

LOVE WHO YOU ARE NOW

YOU DESERVE TO BE HAPPY. YOU DESERVE TO LIVE A LIFE YOU ARE EXCITED ABOUT. DON'T LET OTHERS MAKE YOU FORGET THAT.

Ms. Yashika Patil
Grade- XI

STUDENTS' CORNER:

The Ultimate Productivity Hack is Saying No

Not doing something will always be faster than doing it. This statement reminds me of the old computer programming saying, "Remember that there is no code faster than no code."

The same philosophy applies in other areas of life. For example, there is no meeting that goes faster than not having a meeting at all.

This is not to say you should never attend another meeting, but the truth is that we say yes to many things we don't actually want to do. There are many meetings held that don't need to be held. There is a lot of code written that could be deleted.

How often do people ask you to do something and you just reply, "Sure thing." Three days later, you're overwhelmed by how much is on your to-do list. We become frustrated by our obligations even though we were the ones who said yes to them in the first place.

It's worth asking if things are necessary. Many of them are not, and a simple "no" will be more productive than whatever work the most efficient person can muster.

But if the benefits of saying no are so obvious, then why do we say yes so often?

We agree to many requests not because we want to do them, but because we don't want to be seen as rude, arrogant, or unhelpful.

Saying no to these people can be particularly difficult because we like them and want to support them. (Not to mention, we often need their help too.)

For this reason, it can be helpful to be gracious in your response. Do whatever favors you can, and be warm-hearted and direct when you have to say no.

Perhaps one issue is how we think about the meaning of yes and no.

The Difference Between Yes and No

The words "yes" and "no" get used in comparison to each other so often that it feels like they carry equal weight in conversation. In reality, they are not just opposite in meaning, but of entirely different magnitudes in commitment.

When you say no, you are only saying no to one option. When you say yes, you are saying no to every other option.

In other words, saying no saves you time in the future. Saying yes costs you time in the future. No is a form of time credit. You retain the ability to spend your future time however you want. Yes is a form of time debt. You have to pay back your commitment at some point.

No is a decision. Yes is a responsibility.

The Role of No

Saying no is sometimes seen as a luxury that only those in power can afford. And it is true: turning down opportunities is easier when you can fall back on the safety net provided by power, money, and authority. But it is also true that saying no is not merely a privilege reserved for the successful among us. It is also a strategy that can help you become successful.

Saying no is an important skill to develop at any stage of your career because it retains the most important asset in life: your time.

Nobody embodied this idea better than Steve Jobs, who said, "People think focus means saying yes to the thing you've got to focus on. But that's not what it means at all. It means saying no to the hundred other good ideas that there are. You have to pick carefully."

There is an important balance to strike here. Saying no doesn't mean you'll never do anything interesting or innovative or spontaneous. It just means that you say yes in a focused way. Once you have knocked out the distractions, it can make sense to say yes to any opportunity that could potentially move you in the right direction. You may have to try many things to discover what works and what you enjoy. This period of exploration can be particularly important at the beginning of a project, job, or career.

The Power of No

More effort is wasted doing things that don't matter than is wasted doing things inefficiently. And if that is the case, elimination is a more useful skill than optimization.

I am reminded of the famous Peter Drucker quote, "There is nothing so useless as doing efficiently that which should not be done at all."

STUDENTS' CORNER:

9 months in & infinity out!

I have an amazing time judging different relationships, be it a brother-sister, parent-kid-, husband- wife or any sort of an unnamed bond, but the most basic but significant one being a parent-kid relationship. It's always cathartic to know how people can love each other and how their love itself takes an unknown form of a problem.

Off late, there are plenty of resources to understand parenting and the parents fairly go through most of them. But most importantly, they fail to understand their kid ITSELF!

“Good marks, but what has your friend scored?”

“Amazing performance dear, but why was he in the first row and you in the second.”

I believe the “but” after each compliment just nullifies it altogether.

I understand, it's 2023 and it's all a competition, but why is there a need to MENTION. Why can't the parents make an effort to inspire and smartly work on the kids' flaws and overcome them under the table. Now motivating also has ways. I have seen parents motivating their kids by alerting them regarding the time duration and effort that has to be gone into a particular task to attain perfection. According to what I think, it should be just telling them the advantages of the work that has been assigned, give them SPACE and SPEND SOME TIME with them DOING THAT WORK and observe and analyse what their procedures are.

The biggest issue when a kid is not able to complete a favourable task is, he is not spent enough time with. You can't just get away with telling them what to do and how to do, pay for them and expect the outcomes. It is necessary to do that activity with them, show how it works. As they say, parents are the first teachers. Subconsciously kids are learning everything from their parents and it's high time that parents themselves imbibe a certain quality in order to be an idol and teacher for their kids.

Also, know your kids thoroughly. Pick up their skills, refine them as much as possible and work on the flaws smartly. Sending and paying for a multi-cultural and high-end school is not going to help entirely. However efficient the school is, a teacher handles 30 students and a parent does only theirs. Understand the difference between nurturing and educating.

Parents have a biological bond with their kids which add on to the nurturing. Sharing a quick anecdote. Due to lack of seats, I didn't have the bus facility and somehow, had to go to school by a rickshaw for some months. I was completely against the decision because that was not my preference of transportation but as it was the need of the hour, I agreed. I was told, "There are thousands of students going to school by rickshaw, why can't you go?". I agree, but don't the parents decide a particular lifestyle for their kids, or haven't the parents hustled for their entire life to give this particular lifestyle to the kids then why would someone compare two situations. Introducing the concept of going to school by a rickshaw is correct, but "many students go hence why not you", is not the correct explanation that should be given. The sole reason to share this peculiar episode was to let the parents know, exposing kids to such situations once in a while is not wrong, rather it is fruitful to let them experience that, but it is very important to give them the right explanation.

Kids always have the tendency to oppose what parents instruct because they do not receive a convincing answer. Once the parents provide the kids with a satisfactory clarification, they will decently accept the situation. Also, kids should be taught whom to look upto. They should be cognizant about the reality but they should be taught to have greater standards for themselves and know what they deserve, keeping that in tandem with the groundedness. Rather than letting them know what they don't deserve, let them know what they deserve. Rather than saying a "no" to them, explain to them the consequences, rationalise the decisions according to the pros & cons and then let THEM decide.

Independence is not only letting your kids spend for themselves and be alone everywhere, independence is not only listening, but also respecting their opinion. It is imbibing that sense of maturity in your kids to let them understand their capabilities and actions in each situation. Even if parents have an investment perspective towards their kids, understand that you are investing in YOUR flesh and blood and not a property. Only when you will love your kids unconditionally, invest your time and effort, will they return the double. Insecurity should not have a place in this relationship. Expecting excellence from them is not an issue, but when parents fail to perform their responsibility of nurturing their child efficiently, the authority of expecting automatically makes it irrational. If parents want their kids to be as ideal and successful as themselves or more, they should give their kids an equal amount of space to commit the mistakes they made during their journey.

I am aware, this little part of my perspective cannot be agreed by everyone. I am an inexperienced being, just a teenager, but honestly, my heart goes out for the kids who are longing for their parents' time in this very busy and swift life. Parents have got such a beautiful opportunity to CREATE a human's being. Please don't waste it, parents! Grab it and make the fullest out of it. Parents' impressions on the kids will not only be confined to them, but their next generation as well because your kid is going to be a parent to their kid. Be an indirect inspiration for them!

Blood is not what decides the lineage but the values and bringing up. The current generation's working parents are aware about the most atomic happenings but they will fail to know their little one's needs. It's a humble request ,parents- keeping all the parenting psychology aside, just give in some time for your infant.

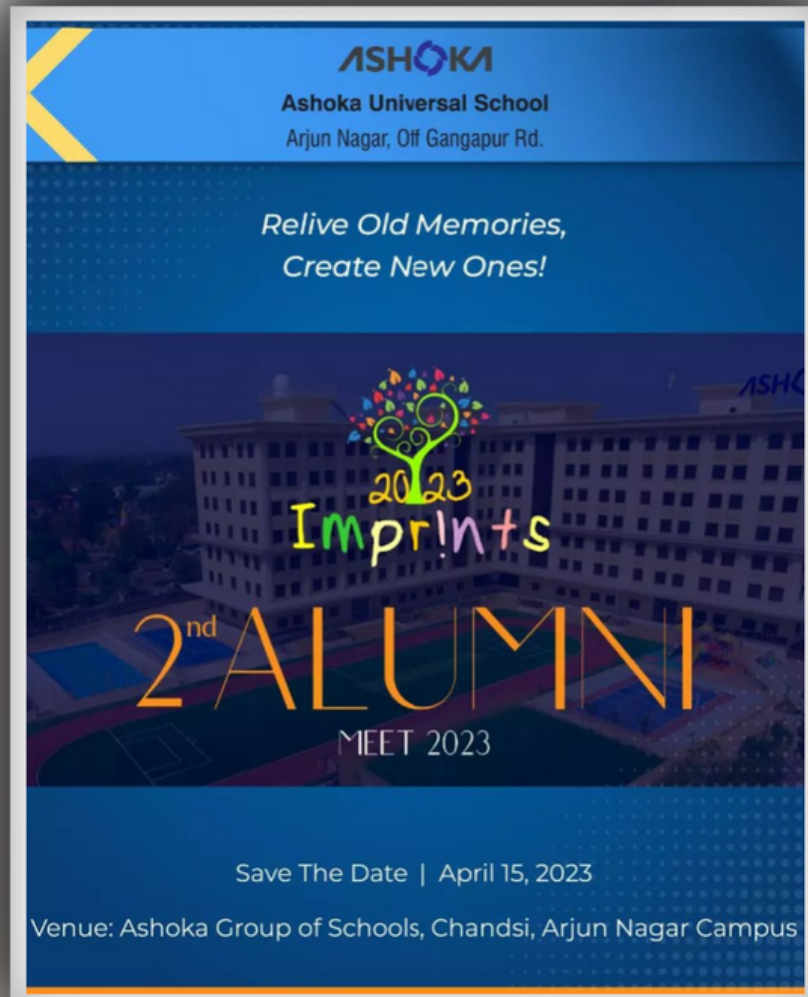
STUDY with them, DANCE with them, EAT with them, CREATE with them, TRAVEL with them. REWARD them for their failures and let them know it's significance. You won't even realise what your presence means to them. It is over every luxurious gift. All their wants and opulence are secondary unless you fulfil all their basic needs, and all they want from you is some of your time and attention. Once you get involved in them, you will automatically know what next step you have to take!

Gratitude for your effort to spend time reading this!

Miss. Varada Gajare

UP COMING EVENTS

2nd Alumni Meet



Inviting all the former students of Ashoka Universal School, Chandsi, for the 2nd grand Alumni Meet - IMPRINTS - which will be held in April, 2023! Let's rekindle memories, touch base, share experiences and live the moment! Looking forward to catching up with you.



ADMISSION OPEN 2023-2024

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