

Ashoka Global Academy

Newsletter - August 2021

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India's 1st Olympic Gold in Athletics

Neeraj Chopra won India's first Olympic gold in athletics with a best attempt of 87.58m in the men's javelin throw final. Neeraj's attempt also contributed to India finishing with their best-ever medals tally of seven at the Olympics.

He was accorded a grand welcome upon his return to India and was felicitated along with some of India's other medallists at the Tokyo Olympics by Sports Minister Anurag Thakur and former Sports Minister Kiren Rijiju among others in a glittering ceremony in New Delhi.



Theme of the month : Citizenship

Today people and countries are connected more than ever before.

Travel, migration, global faiths and communications technology mean we increasingly encounter different cultural perspectives at home, while global systems such as the climate and the economy have shown that local actions can have an impact on people thousands of miles away.

Being connected to other communities can bring positive changes to our everyday lives including new relationships, new opportunities and a feeling of empowerment. However, our social, economic, political and cultural connections can also heighten inequality and conflict as our communities experience rapid change.

Trust, understanding and sustainable development is achieved through:

- Improving the ability of individuals to express and negotiate their identities in an increasingly connected world.
- Improving the ability of individuals to meet their needs and those of their communities whilst recognising and valuing the needs of others.
 - Building trust within and between communities.

A world with more Active Citizens leads to more positive encounters within and between communities and cultures, characterised by openness and a desire for mutually positive learning and benefit.



Continued on next page...



- ### Fundamental Rights
- Right to Equality
 - Right to Freedom
 - Right Against Exploitation
 - Right to Freedom of Religion
 - Cultural and Educational Rights
 - Right to Constitutional Remedies



Guest lecture on fundamental rights and duties by Mr Digvijay Singh



Young learners dressed up in different costumes describing India's diverse cultures



75th Independence Day

Freedom is an opportunity to say what's on our mind, to dream, to make mistakes, an opportunity to translate our dreams to reality.

Freedom isn't something we wait for somebody to give us; we earn it and then defend it passionately.

Ashoka Group of Schools celebrated Independence Day in the presence of Guest of Honour, Ms Shravani Sangle, Managing Trustee, Ms Astha Kataria and other heads of the school.



Mast.Kanha Patil, Grade 4, expressed his freedom through a soulful rendition by Shanta Shelke, a renowned poet. He also bagged the 1st prize at the 'Malhar Fest 2021', organised by Gems English Medium School, for the same.

"Carried with Care, Coated with Pride, Dipped in Love, Unfurled with Glory, Moments of Freedom in shades of Joy." Our Cambridge Learners expressed the true sense of patriotism through a skit.



Rakshabandhan Celebrations

Rakshabandhan is a popular, traditionally Hindu, annual rite, or ceremony, which is central to a festival of the same name celebrated in South Asia, and in other parts of the world significantly influenced by Hindu culture. On this day, sisters of all ages tie a talisman, or amulet, called the rakhi, around the wrists of their brothers, symbolically protecting them, receiving a gift in return, and traditionally investing the brothers with a share of the responsibility of their potential care. These pictures depict how the learners of Ashoka Global Academy celebrated this day with their families.



Self-Care Tips for High School Students

We all know that high school can be a rough time. It's always important to make sure that you take out time for yourself so that you don't stress out too much during finals or the college application process. Of course, it helps to start acting on self-care tips for high school students from the very beginning so that you have a smoother experience over the years, but finding ideas on how to, and adapting them into your daily life at any stage is very important.



1 Maintain a regular sleep schedule

You should try to get at least seven hours of sleep every night. Your brain needs time to relax and regain energy to take on more as you prepare yourself for your workload.

3 Read for fun

Reading for fun is a very good habit to practise and it can certainly help you de-stress!



5 Don't be afraid to ask for help

If you're having trouble understanding schoolwork, don't just sit by yourself and fail your classes. You won't be penalized or judged for asking for help.



2 Remember to eat and hydrate

Your body needs a certain amount of carbs, protein, vegetables, and vitamins in order to function properly. Have at least 8 glasses of water each day.

4 Exercise everyday

Working out not only helps you stay physically fit, but can also energize your brain.



6 Make time for your friends

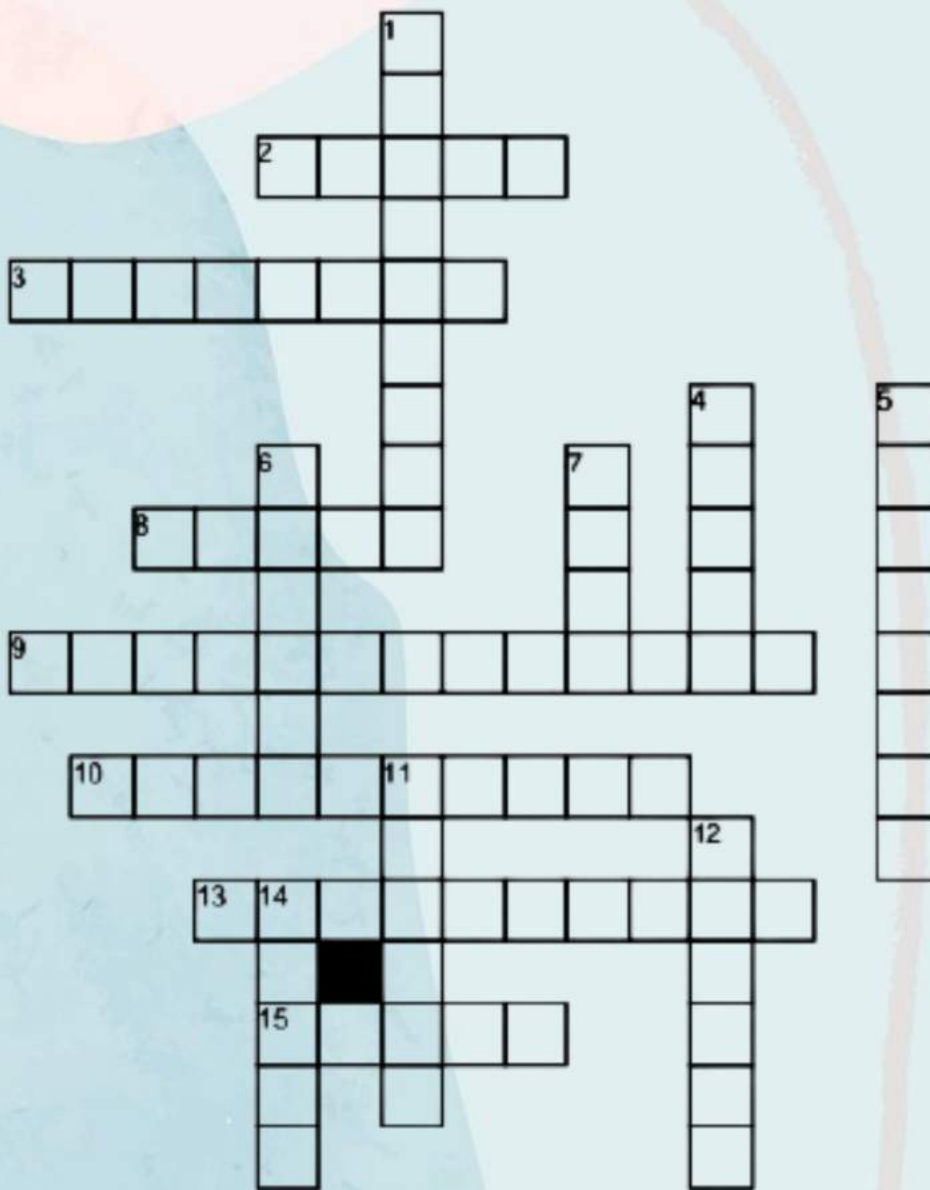
While it's obviously important to study hard, you shouldn't feel like you have to isolate yourself all the time in order to succeed in your classes.



Trivia Time: Olympics

The Summer Olympic Games, also known as the Games of the Olympiad, are a major international multi-sport event normally held once every four years. The games were first held in 1896 in Athens, Greece and were most recently held as the 2020 Summer Olympics in Tokyo, Japan.

Here we have an interesting crossword puzzle for you to check how much do you know about the most trending news.



Your cues are on the next page...

Trivia Time: Olympics

Across:

2. Patty _____ plays basketball for Australia.
3. The longest running event is the ?
8. How many years until the next Olympics?
9. A new sport at Tokyo Olympics
10. Brisbane will host the 2032 Olympics, which state is that in?
13. What was not allowed at the Tokyo Olympics?
15. The 5 _____ represent the continents & all the athletes from around the world.

Down:

1. Which Australian city hosted the countries first Olympics in 1956?
4. Tokyo is the capital city of which country?
5. Australia won the most medals in which sport ?
6. The Olympic Flame always starts in what country?
7. The USA won the most _____ medals
11. Winning a silver medal means which place in the event?
12. Australia won 22 _____ medals
14. Which city is hosting the next Olympics?

Answers for the crossword will be shared in the next edition of the Newsletter.



Ms Nirja Parmar
English Educator



Do share your pictures of the activity
with us at
aga.events@ashokaglobalacademy.com.
We will publish them in the next edition
of our newsletter.



Retrospect : The day everyone did Zumba

We certainly miss the times like this where assemblies used to start with a Zumba session. This mesmerising memory is from August 2019.



Zumba



Bizarre and Unique Holiday List



Cheese Pizza Day

September 5

Make your own cheese pizza at home from scratch. Experiment with different types of cheese. Perhaps you could try replacing the mozzarella with blue cheese, brie or some creamy goat cheese?



Dahl is considered to be one of the most widely read and influential British writers of all time is primarily known for his fantasy fiction stories for children. Read or reread some of his more popular works.

Roald Dahl Day

September 13

Elephant Appreciation

Day

September 22

In a zoo, in the circus, or a wildlife special on television, elephants captivate us by their sheer size. Today is your chance to let them see that you appreciate them. Making a donation towards their support, is a great way to show your appreciation.



Let us know how you celebrated these days by writing to us at aga.events@ashokaglobalacademy.com





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