

The Somaiya School
જ્ઞાનિ જરૂરી થયો:

THE SOMAIYA SCHOOL RAYS



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FOREWORD



Dear Parents,

Welcome to another edition of RAYS - the newsletter of TSS.

The key to success and productivity is the art of communication.

Gerald Chertavian who works extensively with the youth wishes to redefine the ABC. To quote him, **“The ABC's are attitude, behaviour and communication skills”**.

Communication can open doors to a plethora of opportunities build strong and healthy relationships and create an environment that fosters dialogue. Today, it is imperative that we teach this skill to our children so that they can put forth their views and opinions in a variety of ways. This will help them to network and build bridges in a global society.

Words are, of course, the most powerful drug used by mankind. Rudyard Kipling

Hence, oral as well as written communication can be a potent force that helps create our identity in our workplace, in the family, at school and in society. But this skill falls prey to our assumptions and notions. As George Bernard Shaw rightly says -

The single biggest problem in communication is the illusion that it has taken place.

Honesty, clarity, respect and tolerance go a long way in building a climate of trust and openness through various media of communication.

We, at TSS, believe in maintaining all our channels of communication with an air of openness and transparency. This has helped in creating enriching and positive relationships with each one of you.

Do share your ideas with me for a great school year at principal.tss@somaiya.edu. Looking forward to a fabulous and interesting academic year 2018-19,

Warm regards,
Ms. Parveen Shaikh
Principal – TSS

Spot Light Of The Month

A person so full of life, a right blend of empathy and firmness, Vijeyta Kanetkar can be seen striding down the corridors talking to the students. Initially having worked with TSS on a leave vacancy, Vijeyta came back after a break of a year. Since then, she has worked extensively with students, teachers as well as parents for Children With Special Needs (CWSN) as well as the entire school.

What led you to choose counseling as your career?

A: During my graduate study I was strongly influenced by my Professor, Dr. Anuradha Bakshi. Dr. Bakshi was always open to discussing any issues that we had in our life. A lecture was devoted to discuss different issues in our life. It created a support system in our college. Her subject School Administration and counseling became my favorite subject. The only method she used during lecture was discussion. Concepts were taught using real life examples, movies and case studies. I never had to study for her paper. She used to correct each and every point and would leave an appreciation point for each answer given by all her students.

The feeling that I experienced after the lectures, the change that I saw within me and in others life motivated me to take counseling as my career.

How would you describe the Importance of mental well-being in students?

A. Research has shown that EQ is more important than IQ. If a person is emotionally sound and is aware of his/her own emotions, the person can achieve success in life. Marks in the report card will matter to get one admission in a good college. But if the person is not seeking help for his/her emotional, social, behavioral and mental issues, then the person will not feel content even after achieving the socially approved as well as self-defined success.

Not only a student but every individual needs to know that there is always a Counseling Psychologist to listen to them non judgmentally and accept them unconditionally and guide them to achieve their well being.

What are the difficulties that you face in your line of work?

A. The first difficulty that a counseling psychologist encounters is the client's defense mechanism.

Second difficulty is when a person is diagnosed with some disorder - the reaction is disagreement! If the diagnosis would have been of diabetes or blood pressure, people will take a second opinion for treatment but will never question the diagnosis. When it comes to mental health, majority of the people will question the diagnosis. being in the state of denial we miss the crucial time of early intervention.

People need to understand that the diagnosis helps in planning the future course of action. There are many cases wherein a person has accepted the diagnosis and tremendous improvement has been observed in their case.

The concept of mental wellbeing is coming to light in the recent time; do you think there is a stigma still attached to psychological counselling?

A. In India it's a taboo to say that I want to see a psychologist or psychiatrist for some issues in life. Thus there is lack of awareness and acceptance in the society when it comes to seeking help from a mental health professional. So yes, there is still a stigma attached to psychological counseling. To curb this stigma various steps are being taken. Having mental health professionals in the working premises helps any person to accept and approach the counselor without any hesitation. More the people talk about them seeking help from a trained professional for their mental health, easier it will be to eradicate the stigma attached to mental health in society.

How would you describe your journey with TSS so far?

A. The first impression I had when I joined TSS was that the environment is very warm and welcoming. TSS has always supported growth and therefore through TSS I have been exposed to various trainings in my field. In previous schools where I have worked I have seen resistance to send the professionals for training whereas TSS has been always supportive of updating the knowledge. In TSS I am not only being involved in handling cases but TSS has also involved me in different committees like social service committee, committee against sexual harassment and Anti bullying committee, SSRE committee for Adhyayan Audit. TSS has also given CWSN team a chance to conduct a research and present it on a bigger platform. Overall My Journey with TSS has been a Journey of Learning. Challenging my own skills, unlearning – learning new set of skills has been the core of the this journey. TSS has kept me curious through these years. Thus if I reflect back, it has been a Journey of discovery.

An inspirational quote that you go by.....

2 quotes that I completely believe in

YOU ARE ALLOWED TO BE A MASTERPIECE AND A WORK IN PROGRESS, SIMULTANEOUSLY – SOPHIA Bush
As Swami Vivekananda says, anything in excess is poison I came to a conclusion that A balanced life is defined by presence of "Ctrl"- Care, trust, respect and love – Vijeyta Kanetkar



Ms. Vijeyta Kanetkar

Spot Light Of The Month

Parvathy is a versatile teacher, a newly added member to the TSS family. Having worked in schools like VIBGYOR before, Parvathy is comfortable dealing with children of both the Primary and the secondary. A mother of two young daughters, Parvathy exudes the same youthful enthusiasm and energy as her daughters.

What inspired you to pursue teaching as a career?

I married early and I am married into a family of academicians. My mother in law and father in law were dedicated teachers I remember they used to teach many students from the underprivileged background including our maids' children. I have had the opportunity to meet most of them later in my life and realise how in a small or big way they have contributed to positive changes in their life. Every time I hear them thank and appreciate my parents in law for their perseverance in helping them get a basic education. Many of them have graduated and moved up the economic ladder. They are and will always be an inspiration for me.

As a primary teacher, how would you describe student's outlook towards studies and academics?

Students of that age group look forward to new learning experiences. They have many unanswered questions in their mind and are curious about almost everything. Though school and academics seem to be monotonous and routine practice, students are excited and participative if they are involved and dealt with in a fun way. They take more interest in activity-based learning.

What are the difficulties that you face being a teacher of young students?

Catering to their never-ending energy is always a challenge. Keeping them positively engaged while ensuring that learning is happening in accordance with our schedule is also a challenge.

How has your experience been in TSS?

My experience here in TSS has been a very happy and exciting one. I enjoy the freedom in my work and am thankful for the numerous learning opportunities that I have received in such a short stint here. There is an air of positivity and the warmth I have received from my colleagues makes my workplace special.

A quote that motivates you!

Bloom where you are planted by The Bishop of Geneva, Francis de Sales.



Ms. Parvathy Suryanarayan

GIFT A BOOK CAMPAIGN:

TSS collaborated with Adhvan Foundation for 'Gift-a-Book' campaign. Based in Mumbai, Adhvan foundation works to empower children living in orphanages and children's homes through vibrant Library Programs nurturing the love for reading, supporting literacy and enhancing life skills. Ms. Megha, the chief organizer of the campaign, was invited to address the students of all grades in the general assembly. She spoke about the importance of reading and encouraged children to share resources with the underprivileged. All stakeholders were invited to donate a new/gently handled book, which would be delivered to orphanages around the city. TSS donated 235 books along with a monetary donation of Rs. 9400/- collected from staff members for the purchase of new books.



Measles and Rubella VACCINATION

The Ministry of Health & Family Welfare has initiated measles-rubella (MR) vaccination campaign in the age group of 9 months to less than 15 years in a phased manner across the nation. The Somaiya School in collaboration with the Maharashtra Government had organized a vaccination drive for its student on 12th December, 2018. The vaccination was administered safely to all the students with prior consent of their parents. We are glad to inform you that TSS carried out this campaign successfully.



Art Gallery Visits



The students of grade 8 were taken to three different art galleries in the first week of December in order to broaden their horizons and appreciate art. The galleries visited were TARQ Gallery, Akara Art Gallery, as well as Chatterjee and Lal Art Gallery where they saw exhibits by various Indian as well as foreign artists. It was an enriching experience for the students.

Art & Craft Workshops—

As days approached closer to the Little Picasso Art Mela, the art festival organized by the students, the school saw a frenzy of colourful and creative art and craft workshops taking place for all age groups. The students and teachers together geared up enthusiastically and participated in the workshops to make the Art Mela a success. Following are the workshops that took place in The Somaiya School.

Wood carving workshop: A very easy and informative workshop was conducted wherein the students were taught to carve with tools and techniques that taught fundamental woodcarving skills: efficient grips, transferable cutting techniques etc.

Dough molding: An art that not only dates back in time but also is very economical and easy to make. The students were taught to make the dough and create various artifacts and ornaments, which would be put up for sale in the exhibition.

Sospeso Art: Sospeso is a technique developed by an Italian artist wherein transparent sheets are molded and given volume to make them into beautiful flowers and other articles so desired. The students made beautiful bottle decorations and ornaments to be displayed in the Art mela.

Soap Carving: Who would have thought that such a trivial article such as a soap could be made into a piece of art? Soap carving workshop taught students to grip, learn the nuances of carving, and create their own masterpieces.

Macramé: It is the art of knotting strings in patterns and making decorative articles. The students were taught to make macramé knots and make different items such as keychains, wall hanging, etc.



Art & Craft Workshops—

Siporex workshop: The workshop taught the students to carve, etch and detail siporex blocks, which are a light weight building material. Beautiful pieces of art were made by the students to be sold in the Art mela.

Screen Printing Workshop: The students tried their hands on screen printing and created some very quirky and fun prints on bags and t-shirts.

Decoupage: In the light of adopting eco-friendly art habits, a decoupage workshop was conducted where students utilized old newspapers and magazines to create tissue boxes, pencil stands, etc.

Powder Enamel Workshop: Trying something new and challenging has always been our motive. In this regard, a workshop was conducted wherein students used powder enamel to bring out their creativity and mold different objects.

Concrete Art Workshop: Finding fun and new ways of utilizing a material has always been exciting. This workshop taught students to use concrete mixture to create objects such as pen-stand, candle holder etc.

Perfume making Workshop: Students were taught to make exquisite perfumes in the class with experts.

ORIGAMI COMPETITION:

Students from the secondary section participated in the Origami Competition held in Thane District. Over hundred students participated in the said competition and Master Aditya Gandhi 9C, and Manav Parekh 8A emerged as winners! Good going boys!!!



Experiential Learning Trips

SAJAN NATURE CLUB, SAJAN:

The students of grade 4 were taken on an experiential learning trip on 13th and 14th Decemeber 2018 to Sajan Nature Club in the village of Sajan, located in Thane district. The nature club was situated at a picturesque location in the middle of a forest 180 kilometers from Mumbai. It is one of the few remaining tribal (warli) regions of Maharashtra. The students were exposed to local tribal culture and were encouraged to explore nature and enhance their creativity and observation skills, by conducting nature-based activities, soft adventure activities, nature trail, nature-based games and campfire. This trip taught the students a lot about the Warli culture, their customs and gave them a hands-on experience of living in nature.



GOA:

The students of grade 8 were taken to Goa from 26th to 30th of December 2018, on an experiential learning trip. There, they were exposed and connected to nature and its denizens, and got an opportunity to interact with people working in the field of wildlife. They got hands-on experience interacting with the local artisans and understanding the traditional occupations. The students in their leisure time thoroughly enjoyed Goan food and songs. Students spent time connecting to Goa's natural, historical and cultural facets with many hands-on immersive experiences.



Annual Events of the year



ANNUAL DAY:

Annual day for the secondary section was held on 22nd December, 2018. The theme of the show was “Navras- the nine rasas” presented by the mystical queen of emotions Maya. Maya explains the 9 Rasas- 9 emotions: Ruadra- anger, Shanti- calm, Bhibhatsya- disgust, Karuna- compassion, Veer- courage, Bhayanak- terror, Hasya- Joy or laughter, Adhbut- Fascination and wonder and Shringhar- love and beauty. The show explained how these nine emotions rule our lives and how important it is for us to have control over our emotions. The story of Draupadi was depicted and showed how emotions played a vital role in shaping her life.



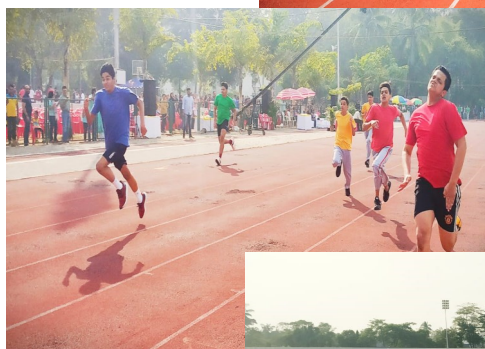
Finally much awaited annual house of the year was announced as **ATHARVAVEDA** followed by runner up house **Yajurveda** on the 2nd position receiving the trophy by principal ma'am.



ANNUAL SPORTS MEET:

Winning isn't everything, but wanting to win is. – Vince Lombardi

The month of December saw a flurry of activities that spanned over the whole month. The account was opened by Sports day that took place on 1st of the month for both, the Primary and Secondary sections. The students could be seen participating in various track events and giving it their best to be the first on finish line. The graceful gymnastic displays and yoga displays were the highlights of the day.



SS QUIZ:

Responsibility is something all children need to learn. By helping children develop responsibility, we are helping them reach their full potential. Responsibility involves making decisions, being trusted and learning to take credit and accountability for one's actions -- whether good or bad. We, at TSS firmly believe in inculcating a sense of responsibility in all our students and help them become responsible citizens. In this spirit, the students of grades 3, 4 and 5 organized the Social Science Quiz all by themselves. From the themes of the round, to the questions to be asked, down to the marking scheme, everything was decided by the students. The rounds were a good mix of questions pertaining to History, Geography and Civics. The students were also the quiz masters, time keepers and the Powerpoint presentation was also handled by them. Teachers were mentors and guides to facilitate the entire programme. The depth and range of questions put forth by the students left every one challenged and stimulated. This event has spurred other students to try and organize quizzes and will lead to setting up yet another tradition in The Somaiya School.



Mumbai Heritage Walk:

The students of grade 5 were taken on a field trip to heritage sites of Mumbai on 8th December. The idea behind the trip was to expose the students to the lost heritage and charm of the city. They visited the Asiatic Library, St. Thomas Cathedral, CST Station, BMC office, Gateway of India, Taj Hotel and the Rajabai Tower. The students made sketches and indulged in short stories at the sites. The sketches shall be used to make a piece of art to be displayed at the Kala Ghoda Art Festival.



Behaviour Awards:

We, at TSS believe that our manners can reveal something very important about us...our character. As Johann Wolfgang von Goethe once said: *"A man's manners are a mirror in which he shows his portrait."* We believe that good behavior is as essential as academics in the overall growth of children and rewarding such behaviour is necessary as well. It was a moment of achievement and pride when class 2A won the best-behaved class award for the academic year 2018-19.



Grade 4 visit to hearing impaired school:

"The purpose of human life is to serve, and to show compassion and the will to help others."

Students of Grade 4 visited the Rochram Thadani School for the hearing impaired. It left a lasting impression on the young minds. They interacted with the students and enthusiastically participated in all the activities organized by them.



Christmas celebrations:

"Christmas is doing a little extra for someone" - and in the spirit of Christmas, students of grade 3 organized games and activities for the lower grades and even the pre-primary section. The students carried out games and activities in various classes and the playground too. The spirit of Christmas was felt in the truest sense with children helping each other and younger kids as well. The games were followed by a Christmas feast and cookies which brought a smile to everyone's faces!



Special Highlight



TAEKWONDO- ARNAV GUPTA

Sports for All is an organization that allows children to play sports at an inter-school, inter-college level and hone their talent. The aim is to provide a professional and all encompassing sports environment for the next generation athletes from every school and college who aspire to represent India in international sports events. Master Arnav Gupta from 2B from our school participated and bagged a Gold medal in Taekwondo in the SFA Championship 2018 held on 11th December, 2018. It has truly been a proud moment for The Somaiya School.

DEBANJAN BHATTACHARJEE:

The Hindustan Times Scholarship programme is a unique endeavour that seeks to recognize and reward the brightest young minds. In addition to the academics, a student's creativity, originality and extracurricular interests are also taken into account. The initiative as a whole helps students to come forward and realize their hidden talent. One such talent from our school, Master Debanjan Bhattacharjee, was sought and awarded a scholarship of Rupees Fifty Thousand (Rs.50,000). We applaud this achievement of Debanjan!

