



Happenings

EDITORIAL

July arrived with renewed energy and excitement as students returned from their home visit break, refreshed and ready to embrace the new term. Along with cherished memories and enjoyable experiences, they also brought back their completed holiday assignments, helping them stay connected with their academics. The pleasant monsoon weather added to the enthusiasm, making the campus vibrant with activity and anticipation.

The month was filled with opportunities for students to learn, participate, and excel. Reading Week in the Senior School inspired a love for books and ideas, while various sports tournaments provided a platform for young athletes to showcase their talent, teamwork, and sportsmanship. July truly celebrated creativity, determination, and holistic growth as students balanced academics with co-curricular activities. The month gathered momentum with engaging assembly presentations across the school. Parents' workshops were conducted in school, giving parents an opportunity to relive their school days while gaining valuable insights into their children's learning journey. The Safer Smarter Me Programme sessions by Anuja Ma'am for both students and parents encouraged everyone to understand the subtle nuances of a child's growth and development. As July came to a close, it left us looking forward to the months ahead, filled with many more celebrations, achievements, and memorable experiences across the school.

-Aryan Gupta (11 Science)

UPDATES

Date	Events
4th	Parents' Workshop (Classes 3 & 4)
5th	Parents' Workshop (Classes 5 & 6)
6th	Parents' Workshop (Classes 7 & 8)
5th to 7th	Filler Week - Junior School
10th	Parents' Workshop (Nur, Jr. KG, Sr. KG)
16th	Nalanda Foundation Day
17th	Parents' Workshop (Classes 1 & 2)
17th	Joint Assembly
18th	Parents' Workshop (Classes 3 & 4)
20th	Parents' Workshop (Classes 9 & 11)
21st	Parents' Workshop (Classes 10 & 12)
21st	Abhivyakti - CI 9
29th	Project Presentation - Junior School
31st	Parents' Workshop (Nur, Jr. KG, Sr. KG)

AUGUST ALMANAC

Date	Day	Events
2nd	Sun	Friendship Day
6th	Thur	Hiroshima Day
8th	Sat	Quit India Movement Day
9th	Sun	Nagasaki Day
13th	Thur	World Organ Donation Day
15th	Sat	Independence Day, Pateti
26th	Wed	Eid-E-Milad
28th	Fri	Rakshabandhan
29th	Sat	National Sports Day

HIGHLIGHTS

● **Safety Drill:** As part of enhancing safety skills in students, we conducted a mock evacuation drill in school on 21st July, 2026. Students evacuated classrooms systematically and lined up bus wise under the guidance and supervision of educators. These drills are practised periodically to ensure safety and awareness of protocol during emergencies.

We have trained students with detailed instructions on how to respond in such a situation. Students responded positively and have been prepared for any emergency evacuation, if the need arises in the future. Parents should spend time in discussing this with their children, such that it is easy for the school management to act promptly when a situation actually arises.



● **Home Visits:** Home Visits is a unique feature of Nalanda where every year the new class teachers of your children visit your home. They were conducted for all children across the school from 2nd to 4th July. This is to strongly support the fact that a child's overall growth is in two phases- one at home and the other at school. The visits also allow the teachers to understand the children better so that they can cater to their emotional and mental well being throughout the year.

ALUMNI EDITORIAL

● University is a hotpot of emotions, experiences and challenges. Do I look good? Do I sound alright? Naturally, humans are terrified of the unknown so it makes sense if you want to hide in your shell after realizing you don't know anyone here. If you were to ask me about my first day of college, I would summarise it in two words: homesick and overwhelmed. Of course, some find it exciting, maybe even liberating from the shackles of uniforms and compulsory subjects. Unfortunately, I was not a part of that niche group of people. But it gets better, I promise. It's as if you're exposed to a whole new world, and you get to choose the bits and pieces you'd like to make your own. Join clubs, production houses, go berserk. Do things you'd never think you'd end up doing – who knows where you might just find your crowd. Furthermore, if you're away from home, college is not the only new experience you get. Behold, a parallel universe called the "hostel". This is the soil from which the stems of accountability and responsibility grow. You have to do your own laundry, wash your own dishes and sometimes even make your own food. Stepping into the world of universities can be confusing yet invigorating. It teaches you to find harmony amidst noise, rhythm in silence and tune in discord. At the end of the day, it's okay to not have everything figured out, be proud that you've gotten this far and be courageous to take more steps!

- Hrudya Mehta, Batch 2026

- Bsc Economics with Data Science, Christ University



PRE SCHOOL

● **Tiny Hands, Big Love – Father's Day Celebration:** Father's Day was celebrated on 19th June with love, joy, and creativity as children enthusiastically made beautiful handprinted tokens for their fathers. The activity gave every child an opportunity to express and strengthen their love for their DADS, through their tiny palm prints and heartfelt creations. Their excitement, curiosity, and cheerful smiles added to the warmth of the celebration.



● **Splashing into Summer Fun!**: A fun-filled Splash Pool activity was organized in the last week of June to help our little ones beat the summer heat and enjoy a refreshing day with their friends. The excitement was truly contagious as children happily splashed, laughed, and played together, creating unforgettable memories. The activity not only brought relief from the heat but also encouraged friendship, confidence, and joyful togetherness. It was a day filled with cheerful giggles, and countless splashes of fun!



● **Blessed Beginning – Learning Beyond the Classroom:** Field trips are an essential part of early learning, offering children meaningful experiences beyond the classroom along with curiosity, observation, and values. To mark a blessed beginning to the academic year, our preschoolers embarked on their first field trip to the Bada Ganesh Temple on 20th June.

The children were thrilled to explore a new place and were captivated by the magnificent architecture of the temple and its elegant idols. With folded hands, innocent hearts, and bright smiles, they offered their prayers, seeking God's blessings for a joyful, healthy, and successful year ahead.



● **Enjoying the first Monsoon showers:** The first rain in school brought immense excitement to our little ones. As the raindrops began to fall, children eagerly peeped out of windows, watching the beautiful showers. To make the moment memorable, teachers took them outdoors to feel the cool raindrops on their hands. Their joy knew no bounds!!!



● **Activity Based Learning:** Activities of Daily Living (ADL) and Practical Life Skills (PLS) help children become more independent and confident in their everyday lives. As part of these activities, preschool children learned to pile up their dairies on their own and wear a raincoat independently. These hands-on experiences strengthened their fine motor skills, self-help abilities, and sense of responsibility while encouraging them to perform daily tasks with confidence.



● **Assembly Presentations: No Gadget Day**

Students of Pre School are always excited to showcase the little wonderful talents they have through various things. Children enthusiastically displayed their creative No Gadget Day activities, showcasing the joy of screen-free learning.





Class	News Readers of Sr. KG:
Sr KG α	Atharva, Darshi, Dhwanit, Dwija, Hanvika, Inaya, Ishaan, Ivaan, Kabir.
Sr KG β	Ananya, Avyan, Ayaan, Hiyansh, Kaara, Kanvi, Kashvi, Khush, Khushaansh
Sr KG γ	Devraj, Ditya, Hridaan, Kaashvi, Kairavi, Kavya, Kheya, Krihaan, Moksh
Sr KG δ	Aashka, Aviraj, Devank, Lilaraj, Nailah, Navika, Nivan, Nyra, Prahi, Pranshi
Sr KG ε	Aahana, Aatman, Antara, Ayaansh, Dharv, Divya, Naitri.

● **Story Time:** Teachers enacted the story “The Little Red Hen” during the assembly. The children enjoyed the lively performance and learned the importance of hard work, responsibility and helping others.



JUNIOR SCHOOL

● **Exploring the Properties of Air:** Class 2 students enjoyed an exciting science session on the properties of air in the first week of July. Our educators demonstrated simple and engaging experiments to help children understand that air occupies space, has weight, and exerts pressure. The students watched with great curiosity as balloons, water bowls, and paper were used to explain these amazing concepts. They eagerly observed, asked thoughtful questions, and participated enthusiastically in the activities. The hands-on experiments made learning fun and meaningful, encouraging children to explore the wonders of science. It was a joyful and enriching learning experience for all.



● Results of Inter-House Pattern Art Competition: (Held in First Week of July)

Position	Winners
First	Jal - Yaan (1ε), Dhruhi (2ε); Vayu - Twisha (3δ), Swara (4α)
Second	Jal - Inaayata (3β); Vayu - Aizah (4ε); Prithvi - Rudransh (1ε), Krisha (2ε)
Third	Agni - Srushti (1γ); Agni - Ansh (3ε), Tharu (4ε); Prithvi - Amayra (2γ)
1st Consolation	Jal - Krishiv (1γ), Nishka (4δ) ; Agni - Naivedhya (2β), Anaya (3ε)
2nd Consolation	Jal - Aarya (2β), Aashvi (3α); Vayu - Anuj (1β), Shaurya (4δ);



● Assembly Presentations:

Theme/Activities	Class 4α - Dream Big	Class 4β - Smart Goals
Presentation	Dreams Change the World	Smart Goals for kids
Personality Sharing	APJ Abdul Kalam	P. V. Sindhu
Skit	The Dream Shop	Future Time Machine
Extempore	What is my dream to become?	How to make Good Habits
Action Song	Festival of Dreams	Smart Goals



FILLER WEEK - LIFE SKILLS

● **Filler Week - 1 (Life Skills):** Students of Junior School had a memorable week from 13th to 17th July. There were various activities planned for the entire week which helped them to understand that Life skills are essential, that help us manage daily challenges, get along with others and take care of ourselves. Classwise activities done are shown below:

Day	Theme	Activities Done
1.	Being Independent	First Aid, folding and packing sleeping bag, putting on and taking off raincoat, buttoning and unbuttoning, tying shoe lace, lacing shoes, cleaning cycles
2.	Being Independent	Making bed, folding clothes, polishing shoes, growing into my best self
3.	Healthy Lifestyle	Eating, exercise, reading and cleaning to maintain healthy life style, making a mind map and some breathing exercises
4.	Reading a Map/Signs/Symbols	Reading a Map and knowing about various landmark, knowing signs and symbols on roads, worksheets, making their own map showing various landmarks on their way to school
5.	Table etiquette and Fireless cooking	Making corn chaat for themselves, use of Cutlery and setting up a dining table



FILLER WEEK - LIFE SKILLS



● **DEAR Time – Drop Everything and Read:** Students and teachers enthusiastically participated in DEAR Time, where everyone paused their work to enjoy reading. This dedicated reading session encouraged a love for books, improved reading habits, and created a calm and joyful learning environment. It was a wonderful opportunity to inspire lifelong readers.



● **No Gadget Day:** As part of the No Gadget Day activity, students creatively made pen stands using materials readily available at home, such as cardboard rolls, plastic bottles, ice cream sticks, and decorative items. This fun hands-on activity encouraged creativity, resourcefulness, and the importance of recycling everyday materials. It also highlighted that meaningful learning and enjoyment can happen without the use of gadgets.



● **Jungle Marathon Activity:** The students of Class 1 participated in a Jungle Marathon activity as part of their Mathematics lesson on ordinal numbers. They wore headgear representing different animals and took part in a fun race by walking quickly to reach the finish line. Through this engaging activity, the students learned to identify and use ordinal numbers correctly. It helped them understand and confidently speak the ordinal numbers from first to tenth (1st–10th) in an enjoyable and interactive way.



● **Parents' Enrichment Programme:** Parents of Junior School had attended a common workshop conducted by Mr. Divyang Jha - parent of our alumna Hardvi Jha. The workshop revolved around the topics - Raising Resilient Children for classes 1 and 2, Building Empathy in Children for classes 3 and 4. It was an interactive session with many take aways for the parents.



Here's what our parents had to say:

It was a good session, but we need to have a more detailed perspective for what resilience is and how to develop that in ourselves first and then we can teach that to our children as well.
- Hridhaan, 2α

Prepare your child for the road and not the road for the child. Resilience is not winning, it is continuing.
- Bhavyam. 1δ

To appreciate our children we need to be over expressive. Allow children to do their work on their own. Be with them, but do not do their work. Pause for 30 seconds.
- Pragun, 1γ

I think this session helped me prepare how to react in certain situations. Also, how to make my child express better.
- Devasya 1ε

Empathy is noticing, feeling and acting. Not to give a fix-it solution, let the child come up with solutions. To have patience, listen to the child, let her express and do not cut the communication half way. Get back and buy some time and let the child think too..
- Shanaya, 4δ

Children may not remember what we told them, they become what we showed them. 5 habits to grow - Ask questions, care, stories, seva and kindness.
- Aadwik, 3δ

● **Chess Competition :** On 28th June, some students of our school participated in the Baroda Chess Carnival held at Finca Restro Cafe in the U8, U11 and U15 categories. Our school bagged a trophy and medal in the U8 category. Reeva Shah had been a champion and Aarav Pandya got second prize in the U8 category.



MIDDLE SCHOOL

● **Holiday Homework:** This time the Summer Break Holiday Homework focussed on tasks like enlisting favourite songs, describe the holiday tour, help the society by creating artefacts or helping at home, drawing pictures starting from letter U, to create self portrait, multiplication tables, enlisting Hindi adjectives for the best friend. This was supplemented with loads of creativity. After a lot of elimination and scrutinisation we could shortlist the best 10 across all classes. The following are the results:

Class	Best 10 Homework
5	Aarshi, Durva Veeha (Jal), Anaya, Yana (Vayu), Ansh, Dhyana (Agni), Anushi, Siddhi, Nysha (Prithvi)
6	Yashvee, Charvi (Jal), Khyati, Atharv (Vayu), Dhanya, Shriya (Agni), Shiksha, Shresth, Dwija, Arya (Prithvi)
7	Aarav, Krishti (Jal), Aamya, Aaradhya, Pooja (Vayu), Aanya, Ayaan (Agni), Aarna, Katha, Mishika (Prithvi)
8	Mahi (Jal), Swara, Jia, Vidhya, Saanvi, Dhun (Vayu), Rudraa (Agni), Hardit, Mouli, Viha (Prithvi)

● **Results of Inter House Drawing Competition held on 20th June, 2026:**

Class	Themes (Students had to select any one of the following themes)
5	Animals - Our Best Friends, Dreamzzz....., A World Without Plastic
6	A Journey to Space, An Enchanted Forest, A Rainy Day Adventure
7	Hope, Joy, Peace, Love
8	India – Unity in Diversity, India @ 100 – My Vision for 2047, India – My Favourite Monument

Class	First	Second	Third	Consolation
5	Parthvi (Prithvi)	Reyansh (Jal)	Veeha (Jal)	Jiyaan, Vivaan, Devanshi Om (Jal), Yana, Sara, Rishil (Vayu), Ishani (Agni), Nysha, Parshva (Prithvi)
6	Tithi (Jal)	Aarvi (Jal)	Shanaya (Prithvi)	Yashvee, Bhavya, Shree (Jal), Swara, Sairam, Dhimahi (Vayu), Preisha, Astha, Aadhy (Agni), Shiksha (Prithvi)
7	Saptok (Agni)	Vihaan (Prithvi)	Sachi (Agni)	Prakruti, Sanvi, Vruti, Kamakshi (Jal), Shreeja, Hridayraj, Vivaa, Aahaan, Prisha (Vayu), Jaynil (Prithvi)
8	Prasham (Agni)	Pratyush (Prithvi)	Vidhi (Jal)	Mahi (Jal), Vanshi, Keya (Vayu), Aarna, Rudraa (Agni), Hardit, Aadvik, Netra, Sehej, Raavi (Prithvi)

LEARNING BEYOND THE CLASSROOM

● **Learning Beyond the Classroom :** Students of Middle School are proving that learning takes place not only in the classroom but also beyond! From Mondays to Thursdays, students are involved in a vibrant mix of Performing Arts and specialized Academic clubs.

Whether they are polishing their oratory skills in Public Speaking, exploring the physics in Physics Club, tackling logic in Maths Activity, or plunging into the World of Chemistry, our students are constantly learning. Whether collaborating in Open Classroom or experimenting in Science Club, students are finding new passions every day.

Get a glimpse of their incredible work and test your own skills with the student challenges below!

● **Ramanujan Square:** Heard of Ramanujan's Magic Square, ever? This time it was Class 8 students, who created a magic square based on their OWN BIRTHDATES as a part of Maths Activity. It was exciting enough for them to create one of course, with a key, such that a few of the students made it either for their parents or for their siblings too. They were amused to learn that it holds true, for all birthdates if COMPUTED CORRECTLY! Time for you all to make one for yourself with the help of the given key! The sample here is Ramanujan's birthdate : 22 - 12 - 1887!

Notice that the sum of every row adds up to the same number. Here, $22+12+18+87 = 139$.

Similarly, $88+17+9+25=139$

Notice that the sum of every column adds up to the same number. Here, $22+88+10+9=139$.

Similarly, $87+25+16+11=139$.

Also notice that the sum of each square forming the diagonal will also add up to 139! ($87+9+24+19$)

Further notice that the sum of the corners is also 139! ($22+87+19+11$)

Also the sum of the numbers in the central inner square is also 139! ($17+9+24+89$)

Further, the sum of the numbers in four squares at each corner is also 139! (Eg: $10+24+19+86$)

22	12	18	87
88	17	9	25
10	24	89	16
19	86	23	11

D _{ate}	M _{onth}	C _{entury}	Y _{ear}
Y + 1	C - 1	M - 3	D + 3
M - 2	D + 2	Y + 2	C - 2
C + 1	Y - 1	D + 1	M - 1

LEARNING BEYOND THE CLASSROOM

● **Hologram Projector:** As part of the Physics Club activities, students created a hologram projector using simple materials such as a cardboard box and transparent sheets. The project introduced them to fascinating concepts of light and optics. By viewing holographic images through the projector, students experienced science in an engaging and interactive way.



● **Integrating Hindi chapter with Nature:** Shashi Mishra took a class in the open space under the Banyan tree connecting nature to a story in their Hindi textbook.



● In the Public Speaking Club, students memorised and recited the following poems. See which one you can memorise and recite in

Poems	Poets
I Wandered Lonely as a Cloud	William Wordsworth
The Road Not Taken	Robert Frost
Stopping by Woods on a Snowy Evening	Robert Frost
Where the mind is without fear	Rabindranath Tagore
A Love Song from the North	Sarojini Naidu
In The Bazaars of Hyderabad	Sarojini Naidu
Indian Weavers	Sarojini Naidu
Leisure	W. H. Davies
Palanquin Bearers	Sarojini Naidu
Invictus	William Ernest Henley
Trees	Joyce Kilmer
The Arrow and the Song	Henry Wadsworth Longfellow
About Ben Adhem	Leigh Hunt
The Rain	W. H. Davies
Sea-Fever	John Masefield
The Swing	Robert Louis Stevenson
See It Through	Edgar Albert Guest
A Tiger in the Zoo	Leslie Norris

● **In Memory of Fallen Trees :** Education is not only about books and exams. It is also about helping children understand and care for the world around them. After a strong storm, three trees in our school fell. The children were deeply saddened by this loss. To remember the trees we lost, we created a softboard as a tribute. It also honours the many trees that are lost every day around the world due to natural disasters and human activities. Every tree is precious and that it is our responsibility to protect nature. The poem displayed is titled Maya Angelou's 'When Great Trees Fall'. Here's the text of the poem...



When Great Trees Fall

Maya Angelou

When great trees fall,
rocks on distant hills shudder,
lions hunker down in tall grasses,
and even elephants lumber after safety.

When great trees fall in forests,
small things recoil into silence,
their senses eroded beyond fear.

When great souls die,
the air around us becomes
light, rare, sterile.

We breathe, briefly.

Our eyes, briefly, see with
a hurtful clarity.

Our memory, suddenly sharpened,
examines, gnaws on kind words unsaid,
promised walks never taken.

Great souls die and
our reality, bound to
them, takes leave of us.

Our souls, dependent upon their nurture,
now shrink, wizened.

Our minds, formed and informed by their
radiance, fall away.

We are not so much maddened
as reduced to the unutterable ignorance of
dark, cold caves.

And when great souls die,
after a period peace blooms,
slowly and always irregularly.

Spaces fill with a kind of
soothing electric vibration.

Our senses, restored, never
to be the same, whisper to us.

They existed. They existed.

We can be. Be and be better.

For they existed.

SENIOR SCHOOL

● **SAFER SMARTER ME PROGRAMME:** Students of SS and MS were part of Safe Smarter Me Programme .The programme was conducted by a renowned certified sexual health educator and counsellor. This is an ongoing programme and both students and parents have benefited from this over the past 2 years. The session focuses on a range of interventions, each aimed at cultivating a culture of safety and awareness among the growing children.

Here's what our students had to say:

These sessions made us realise the importance of safety, hygiene and about making the right choice mindfully.

-Ahana Gandhi, 11 Hum.

It helped me reflect upon ourselves on how addicted we are to things like our own phone.

-Nitya Patel, 12 Hum.

This session helped us become more aware about us and our surroundings and made us a better version of ourselves.

- Tanay Ravat, 11 Sci.

Here's what our parents had to say:

The session helps us to get the correct approach and correct vocabulary to discuss certain sensitive topics.

-Pramey Amlani, 9β

Now I can connect with my child in a better way.

- Krita Patel, 9β

We actually know how to respond but a session like this gives a reminder.

- Aashna Patwa, 10β

Has helped us to bridge the gap between us and our child.

- Shourya Dubey, 12 Comm.

I always look up to parenting sessions from PreSchool to now Senior School and I always get important tips to use.

- Aanya Sonaiya , 9γ

I learned a lot of new concepts that would help me make a healthy relationship with my child.

-Devansh Panchal, 11 Sci.



● **Field Trip to a Pollution Control Unit:** Students of Class 10 were taken on a field visit to a pollution control unit on 1st July. The field trip was extremely beneficial as they could gather first hand information about Pollution and ways to control it.



Here's what our students had to say:

The trip was both intriguing and enlightening. We gained valuable insights into the mindful and sustainable utilization of natural resources. The experts explained the concepts of biodegradable and non-biodegradable waste in detail, emphasizing their impact on the environment. They also highlighted how simple yet conscious changes in our daily habits can contribute significantly to building a cleaner, greener, and more sustainable society.

- S. Kavya, 10α



The visit motivated me to make environmentally conscious choices and contribute towards protecting our planet.

-Aadriti, 10α

The visit helped me understand the importance of environmental conservation, waste management, and pollution control. The interactive sessions and practical demonstrations inspired me to adopt eco-friendly habits and become a more responsible citizen.

- Aarav, 10β

● **Session on Programmes and Courses after Class 12:** Students of Classes 11 and 12 attended an inspiring session by the British Council India on higher education opportunities in the UK. The interactive presentation covered top universities, undergraduate courses, admission requirements, scholarships, and career prospects. It provided valuable clarity on the application process, helping students confidently plan their international academic journeys.



● **INTERHOUSE – Journey from Cue to Reward:** Inspired by Atomic Habits, Senior School students participated in an engaging Inter-House Activity focused on critical thinking and collaboration. The groups analyzed case studies to identify the four habit stages: cue, craving, response, and reward. The lively competition offered an enriching, practical look into the science of building great habits. The best five activities were selected from Classes 9 & 10 and Classes 11 & 12 respectively.

Classes 9 & 10	Classes 11 & 12
Vayu - Dhruv, Harshiv, Pramey, Palash, Hiteshi, Srushti, S. Kavya	Jal - Simar, Angel, Krish, Krish S., Shashvat
Vayu - Aum(10α), Sarthak, Dhanesh, Noor, Samyak, Dev, Hriday, Aarav, Darshil(10α), Avaneesh	Vayu - Anushka, Prince, Parth, Smayan, Hetika
Prithvi - Tanisha, Anushka, Smera, Vansh, Aditya, Agrima, Dhruva, Darshavi	Agni - Keya, Kashvi, Arnesh
Prithvi - Kavisha, Kavya, Kabeer, Nishank, Heni, Siya, Chinmay	Agni - Jovita, Apeksha, Samadrita
Prithvi - Barkha, Bhavya, Aanya, Vehan, Aagam, Vanshi, Tanishka	Agni - Arav, Shourya, Prapt, Aarohan

● **Reading Week (7th to 10th July):** Reading Week was celebrated with competitions, presentations, book reviews , poetry recitations, quiz and many more activities. The week not only celebrated books but also nurtured creativity, confidence, and critical thinking. It concluded on a high note, leaving every student inspired to read more and dream bigger. The corridors and soft boards were decorated with inspirational quotes by famous authors and significance of reading.



● **Field Trip to an Electrical and Mechanical Unit:** Students of Class 9 visited an Electrical and Mechanical Engineering Centre in Vadodara for an enriching educational field trip. The visit provided valuable insights into the Indian Army's engineering capabilities, technological advancements, and disciplined way of life. Students explored displays of military equipment, engineering innovations, and the unique museum showcasing exhibits that reflect India's cultural and religious diversity. The interactive sessions enhanced their understanding of the vital role played by the Corps of EME in maintaining and supporting defence equipment.



Here's what our students had to say:

We learnt about the discipline, bravery and dedication of our soldiers and saw many interesting military displays.

- Shruti M.,9 β

"If it doesn't challenge you it won't change you. This quote caught my eye when I just entered the place.- Vani, 9 β

They explained us in the simplest way and answered all our doubts.

-Samanvita, 9 α

Exploring the weapon gallery and communication systems gave us a deeper understanding of the technology and precision behind the Indian Army's operations. Seeing military equipment up close and learning about its maintenance was fascinating.

- Devanshi Desai (9 γ)

● **Albert Barrow Creative Essay Writing Competition:** Our school had the privilege of hosting the prestigious Albert Barrow Creative Writing Competition, organised by the CISCE, for both the Junior and Senior categories. The event brought a talented young writer from Billabong High International School, Vadodara, who showcased exceptional creativity, imagination, and command over language. Participants demonstrated their literary skills through thought-provoking and original compositions, reflecting their unique perspectives and creative flair. Devansh Panchal (11 Sci.) and Krita Patel (CI 9) participated in this competition at Billabong International School.



● **Educator Enrichment Programme:** Senior School educators - Vidisha Dadlani and Garima Mittal, attended a 6 days workshop on ' National Capacity Building Programme for school teachers in Accountancy' conducted by Shri Ram College of Commerce, University of Delhi.The session provided valuable insights into current accounting practices, recent developments, and effective approaches to teaching and learning the subject.



SPORTS ACHIEVEMENTS AND ACCOLADES - 19th June to 10th July

Name of the Competition & Category	Level	Venue	Date	Participants	Event	Result
Subroto Cup 2026 U-17 Girls	State	PDEU Gandhinagar	19th June	Siddhi, Vanya, Tanisha, Vidhya, Yesha, Viha, Devashree, Aarna, Hrosanne, Suhani, Angel, Avyaya, Sehej, Saanvi, Pooja, Khyati	Football	1st Position
Subroto Cup 2026 U-15 Boys	State	PDEU Gandhinagar	20th June	Hitarth, Jash, Netra, Siddhant, Hridhaan, Manasvasinh, Naksh, Ridith, Jay, Ansh, Kiaan, Megh, Vedan, Dhven, Ayan, Aayush	Football	1st Position
CISCE NWR SGFI Zonal Badminton Tournament (Under 14 Girls)	Zonal	Billabong High International School	27th June	Pakhee	Badminton (Singles)	1st Position
CISCE NWR SGFI Zonal Badminton Tournament (Under 14 Girls)	Zonal	Billabong High International School	27th June	Dhun	Badminton (Singles)	2nd Position
CISCE NWR SGFI Zonal Badminton Tournament (Under 14 Boys)	Zonal	Billabong High International School	27th June	Kiyan	Badminton (Singles)	3rd Position
CISCE NWR SGFI Zonal Badminton Tournament (Under 17 Boys)	Zonal	Billabong High International School	27th June	Palash & Kabeer	Badminton (Doubles)	3rd Position
CISCE NWR SGFI Zonal Badminton Tournament (Under 17 Girls)	Zonal	Billabong High International School	27th June	Suhani & Vedanshi	Badminton (Doubles)	1st Position
CISCE NWR SGFI Zonal Badminton Tournament (Under 17 Girls)	Zonal	Billabong High International School	27th June	Suhani	Badminton (Singles)	1st Position
CISCE NWR SGFI Zonal Badminton Tournament (Under 19 Boys)	Zonal	Billabong High International School	27th June	Aarohan	Badminton (Singles)	2nd Position
CISCE NWR SGFI Zonal Badminton Tournament (Under 19 Boys)	Zonal	Billabong High International School	27th June	Tanay	Badminton (Singles)	3rd Position
CISCE NWR SGFI Zonal Badminton Tournament (Under 19 Boys)	Zonal	Billabong High International School	27th June	Krishna & Tanay	Badminton (Doubles)	1st Position
CISCE NWR SGFI Zonal Badminton Tournament (Under 19 Girls)	Zonal	Billabong High International School	27th June	Nistha	Badminton (Singles)	2nd Position
CISCE NWR SGFI Zonal Badminton Tournament (Under 19 Girls)	Zonal	Billabong High International School	27th June	Reeva	Badminton (Singles)	3rd Position
CISCE NWR SGFI Zonal Badminton Tournament (Under 19 Girls)	Zonal	Billabong High International School	27th June	Ananya & Reeva	Badminton (Doubles)	1st Position
CISCE NWR SGFI Zonal Basketball Tournament (Under 14 Girls)	Zonal	Jamnabai Narsee School	29th June	Yami, Durva, Krisha, Pakhee, Vidhi, Nishtha, Selvi, Shiksha, Vidita, Diva, Aamyia	Basketball	2nd Position
CISCE NWR SGFI Zonal Basketball Tournament (Under 19 Girls)	Zonal	Jamnabai Narsee School	29th June	Hetika, Anushka, Nitya, Prajakta, Aara, Ahana, Hitesh, Jeevika, Anushka, Richa, Arna, Swara	Basketball	1st Position

SPORTS ACHIEVEMENTS AND ACCOLADES - 19th June to 10th July

Name of the Competition & Category	Level	Venue	Date	Participants	Event	Result
CISCE NWR SGFI Zonal Basketball Tournament (Under 17 Boys)	Zonal	Jamnabai Narsee School	29th June	Jay, Avik, Nandish, Swayam, Hiren, Vidhaan, Aditya, Vikrant, Vivaan, Noor, Shivam, Darshil	Basketball	2nd Position
CISCE NWR SGFI Zonal Basketball Tournament (Under 14 Boys)	Zonal	Jamnabai Narsee School	29th June	Bhavyaraj, Bhargav, Pratham, Vihaan, Naksh, Rishya, Parv, Dev, Shlok, Shrihaan, Aarav, Neel, Shresht	Basketball	2nd Position
CISCE NWR SGFI Zonal Volleyball Tournament (Under 14 Boys)	Zonal	Jamnabai Narsee School	30th June	Aarav, Pratyush, Saptok, Sparsh, Aahaan, Prahan, Jaitra, Deyaan, Param, Aaditya, Jiyen, Bhavin	Volleyball	2nd Position
CISCE NWR SGFI Zonal Volleyball Tournament (Under 14 Girls)	Zonal	Jamnabai Narsee School	30th June	Saachi, Dhimahi, Kamakshi, Ananya, Aanya, Swara, Samriddhi, Shreeja, Swara, Prakruti, Kiara, Samruddhi	Volleyball	2nd Position
CISCE NWR SGFI Zonal Volleyball Tournament (Under 17 Girls)	Zonal	Jamnabai Narsee School	30th June	Velika, Smera, Ruhi, Kavya, Mouli, Preya, Aarna, Mahi, Khushi, Arushi	Volleyball	1st Position
CISCE NWR SGFI Zonal Yogasana Tournament (Under 14 Girls)	Zonal	Swaminaraayan dham school	1st July	Maanya	Yogasana & Rythmic Yoga	2nd & 1st Position
CISCE NWR SGFI Zonal Table Tennis Tournament (Under 14 Girls)	Zonal	Nalanda International school	7th July	Hiya	Table Tennis Singles	3rd Position
CISCE NWR SGFI Zonal Table Tennis Tournament (Under 17 Boys)	Zonal	Nalanda International school	7th July	Aalap	Table Tennis Singles	2nd Position
CISCE NWR SGFI Zonal Table Tennis Tournament (Under 19 Boys)	Zonal	Nalanda International school	7th July	Ansh	Table Tennis Singles	1st Position
CISCE NWR SGFI Zonal Table Tennis Tournament (Under 19 Boys)	Zonal	Nalanda International school	7th July	Ayaan	Table Tennis Singles	2nd Position
CISCE NWR SGFI Zonal Table Tennis Tournament (Under 19 Boys)	Zonal	Nalanda International school	7th July	Krish	Table Tennis Singles	3rd Position
CISCE NWR SGFI Zonal Table Tennis Tournament (Under 14 Boys)	Zonal	Nalanda International school	7th July	Hridyansh, Raghav & Harsh	Table Tennis (Team)	2nd Position
CISCE NWR SGFI Zonal Table Tennis Tournament (Under 17 Boys)	Zonal	Nalanda International school	7th July	Aalap, Avyukt & Arnavsinh	Table Tennis (Team)	2nd Position
CISCE NWR SGFI Zonal Table Tennis Tournament (Under 19 Boys)	Zonal	Nalanda International school	7th July	Ansh, Ayaan & Krish	Table Tennis (Team)	2nd Position
CISCE NWR SGFI Zonal Football Tournament (Under 14 Boys)	Zonal	Jamnabai Narsee School	10th July	Dhyan, Riyansh, Abhiraj, Aarav, Aradhya, Dev, Mahir, Manan, Ridith, Viaan, Daksh, Mudit, Jainam, Ayaan, Aadvik, Jash, Dhven, Shreyansh, Darsh	Football	1st Position
CISCE NWR SGFI Zonal Football Tournament (Under 14 Girls)	Zonal	Jamnabai Narsee School	10th July	Vedika, Vidhya, Aarna, Prisha, Viva, Pial, Viha, Kashvi, Zoya, Shivangi, Sehej, Nishra, Purva, Pooja, Shree, Mishika	Football	1st Position
CISCE NWR SGFI Zonal Football Tournament (Under 17 Boys)	Zonal	Jamnabai Narsee School	10th July	Hitarth, Aarav, Hridhaan, Kiaan, Vehan, Dhruv, Shourya, Ridith, Ojas, Jay, Mansvasinh, Aayush, Netra, Naksh, Ayan, Maitreyey	Football	1st Position
CISCE NWR SGFI Zonal Football Tournament (Under 17 Girls)	Zonal	Jamnabai Narsee School	10th July	Siddhi, Vanya, Tanisha, Viha, Yesha, Hrosanne, Avyaya, Angel, Khyati, Suhani, Devashree, Saanvi, Aarna	Football	1st Position
CISCE NWR SGFI Zonal Football Tournament (Under 19 Boys)	Zonal	Jamnabai Narsee School	10th July	Devansh S, Devansh Panchal, Devansh Pandya, Smayan, Parth, Aman, Aarav, Prince, Praaj, Krish, Tanuj, Shourya, Jack, Arjun, Kavya, Purab	Football	1st Position

SPORTS ACHIEVEMENTS AND ACCOLADES - 19th June to 10th July



Table Tennis Zonal U-14 Boys (Team) - 2nd position



Table Tennis Zonal U-19 Boys - Ansh (1st), Krish (3rd)



Table Tennis Zonal U-14 Girls Singles - Hiya, 3rd position



Table Tennis Zonal U-14 Boys Singles - Aalap, 2nd position



Volleyball Zonal U-14 Girls - 2nd position



Football Zonal U-17 Boys - 1st position

SPORTS ACHIEVEMENTS AND ACCOLADES - 19th June to 10th July



Football Zonal U-19 Boys - 1st position



Basketball Zonal U-19 Girls - 1st position



Football Zonal U-14 Boys - 1st position



Football Zonal U-14 Girls - 1st position

SPORTS ACHIEVEMENTS AND ACCOLADES - 19th June to 10th July



Football Subroto U-15 Boys - 1st position



Basketball Zonal U-17 Boys - 2nd position



Football Subroto U-17 Girls - 1st position



Basketball Zonal U-14 Girls - 2nd position

SPORTS ACHIEVEMENTS AND ACCOLADES - 19th June to 10th July



Badminton Zonal Level Winners



Maanya - 2nd & 1st in U-14
Yogasana & Rhythmic YOGA



Volleyball Zonal U-17 Girls - 1st position



Volleyball Zonal U-14 Boys - 2nd position



Basketball Zonal U-14 Boys - 2nd position



Table Tennis Zonal U-17 Boys
(Team) - 2nd position

● **INTER-HOUSE COMPETITION - Sports Commentary Competition (Cricket):** The Inter-House Cricket Commentary Competition was held on 17 July 2026. Students gave live commentary on a muted cricket match clip, showcasing their confidence, creativity, and communication skills. The results of the competition are as follows:

First Position	Agni House	Arnesh Shah (11 Sci.), Jash Choksi (10γ)
Second Position	Jal House	Utsav Shah (11 General), Siddhi Bishnoi (10γ)



● **UWC Short Course: Embodying Earth '26:** Jia Joshi of Class 11 Hum. recently participated in the **UWC Short Course: Embodying Earth '26**, organised by Education for Good in Vietnam. Initially nervous about travelling abroad alone, she grabbed the opportunity to connect with participants from diverse cultures. Sharing a dormitory with students from six nationalities, she developed intercultural understanding and meaningful friendships. The programme included nature hikes, environmental activities, and reflective experiences that deepened participants' appreciation for the natural world. Jia returned with greater confidence, stronger communication skills, and a renewed respect for cultural diversity making the course a truly transformative and memorable learning experience.



ALUMNI CONNECT: STORIES THAT SHAPE TOMORROW

● **Alumni Panel Discussion:** On 18th July, our school hosted an engaging Alumni Panel Discussion, bringing together Nalanda alumni from diverse academic and professional fields. The event provided current students with a valuable opportunity to learn from the experiences of those who once walked the same corridors. During the interactive session, the alumni shared insights into their chosen career paths, the motivations behind their decisions, and the journeys that shaped their personal and professional growth. They spoke candidly about the challenges they encountered, the lessons they learned, and the importance of perseverance, adaptability, and following one's passions. The session concluded with an enthusiastic Question-and-Answer segment, where students actively participated by asking thoughtful questions about career choices, higher education, skill development, and balancing academic and personal aspirations. The alumni responded with practical advice and encouraging words, making the discussion both relatable and inspiring. Overall, the Alumni Panel Discussion was highly informative and interactive, leaving students with valuable perspectives and greater confidence as they begin exploring their own future paths.

● **DHRUVI VAISHNAV:** Dhruvi Vaishnav has completed her BBA in Branding and Advertising from NMIMS Mumbai and is currently a Content and Creative Associate at Saatchi & Saatchi. With a passion for comedy and performing, she ventured into improvisational comedy and has been performing as an improviser for the past year. She has appeared in multiple sold-out shows, including a performance alongside Kaneez Surka.



● **KENIL BHAYANI:** Kenil Bhayani, a BBA graduate specializing in Finance and Marketing from Symbiosis Centre for Management Studies, Pune, is currently a Risk Analyst at PwC. He previously worked in the Founder's Office of a startup, leading recruitment and marketing initiatives. During college, he served as the Head of Initiate Club, spearheading fundraising efforts that raised Rs. 55,000 for social and environmental causes, while also representing the institute in football and swimming. Reflecting on his college journey, Kenil shares that adapting to a completely new environment was his biggest challenge. Learning to manage academics, finances, and life away from home helped him develop independence, resilience, and adaptability—qualities that continue to shape his personal and professional growth.

ALUMNI CONNECT: STORIES THAT SHAPE TOMORROW

● **SHARVANEESH MISHRA:** Sharvaneesh Mishra graduated from the Humanities stream at Nalanda International School as part of the Class of 2026 and is currently pursuing a B.A. LL.B. (Hons.) at Gujarat National Law University, Gandhinagar. A confident and eloquent speaker, she has won accolades while representing her school at various events. Beyond academics, Sharvaneesh enjoys reading and acting, reflecting her passion for learning and creative expression.



● **ANANTH IYER:** Ananth Iyer, a 2020 Nalanda alumnus, described the panel discussion as an enriching experience, with alumni from different batches sharing diverse perspectives. After graduating from Nalanda, he earned a Bachelor's degree in Electronics with Honours in IoT and Automation from K.J. Somaiya College of Engineering, Mumbai, and has now secured admission to TH Ingolstadt, Germany, for a Master's in International Automotive Engineering. Reflecting on his journey, Ananth shared that his biggest challenge was overcoming health issues, which reinforced the importance of maintaining a healthy lifestyle. He encouraged students to prioritise their health through balanced eating habits and regular physical activity, reminding them that good health is the foundation for academic and professional success.



● **KIAN BABARIYA:** Kian Babariya has recently completed his first year at Hofstra University, New York, where he is pursuing a Bachelor's degree in Neuroscience with minors in Computer Science and Cognitive Science. He is deeply interested in computational neuroscience and brain research and is currently expanding his knowledge of machine learning and neuroscience. Outside academics, Kian enjoys reading, sketching, going to the gym, and staying up to date with the latest developments in neuroscience and technology.



● **ZENIA KHAN:** Zenia Khan is a third-year Integrated B.Sc.–M.Sc. Biomedical Science student with a keen interest in biomedical research, laboratory sciences, and healthcare innovation. Passionate about scientific exploration, she is particularly drawn to microbiology, genetics, immunology, and biotechnology while continuously strengthening her practical laboratory skills. Beyond academics, Zenia is an enthusiastic content creator who shares aesthetic lifestyle, study, and educational content on Instagram, combining her love for photography, videography, and visual storytelling to make learning engaging and inspiring. Through internships in biomedical and pharmaceutical laboratories, she has gained valuable hands-on experience that has further reinforced her passion for applying scientific knowledge to real-world challenges. Recognized for being disciplined, detail-oriented, organized, and creative, she aspires to build a career that combines research, innovation, and meaningful contributions to the field of biomedical sciences.



ALUMNI CONNECT: STORIES THAT SHAPE TOMORROW

● Here's what our students had to say:

The alumni spoke about something beyond college applications and career paths- their experience. To see someone reminisce about the very phase of their life you are currently in leaves you with a new perception towards your normal life – even the boring days. By the end of the discussion, we were left with a sense of gratitude for the present and hope for the future. Their experience will forever guide me and my peers like a North Star.

- Vanshi Waware, 10 δ

From vintage cars to neuroscience their career choices are very interesting.

- Yuvraj, 12 Sci.

We shared our perspectives and perceptions with alumni, who have already gone a long way in their lives! Their thoughts, ideas and memories, both in college and school underscored their punctuality, humility and peace of mind. The conversation gave us the clarity on our perceived career paths, in various fields, irrespective of the streams we are in.

-Navdha , 12 Commerce.

We got to know that how it will be easy to chose our streams after Class 10. I personally took this session seriously and tried to understand how our fields can be chosen. They helped us to know more about other fields and what steps we can take to rule our future. I hopefully see myself sitting there and inspiring young ones.

- Vanshika Agrawal, 9 Alpha

The alumni's gave us their valuable opinions on various pieces of the college and career frameworks. One of the most important advices for me was given by an Alumni of the batch of 2020 who was working with automobile manufacturing where he gave a detailed outlook on day to day studies.

- Aarav Shah, 12 Hum.

The alumni discussion was very helpful, providing useful insights in the college life and hardships of pursuing any career. The alumni had recommended skill-based studies and good oratory skills commanding a robust vocabulary. Their experience in diverse fields provided ideas of careers to pursue and how a person can follow their passion with a different profession.

-Shreeram Kalyankar, 9α

It helped me understand how there are different struggles along with opportunities in different fields after graduating from school. It also reflected upon different career opportunities from the three different fields, i.e. Science, Commerce and Humanities. I also learned about some very interesting careers that I would have never heard of!

- Velika Patel, 9α

I learned about their journey, struggles and how they got success. I learned the reality of all the three fields. One of the field was really unique as I had never heard of it.

- Kanv Chauhan, 9α

Ranging from Risk Analysis to Neuro Science, the discussion was knowledgeable.

- Simar Malhotra, 12 Hum.

The Alumni discussion was very fruitful. It gave me clarity about what I should pursue in the future and how to go about it. They gave me insights on the different career options and what to do regarding them. Their rigorous hard work and dedication towards their own fields inspired me to work more harder so that I can achieve my own goals. They also emphasized on being practical and meeting different people. They told us that it is very important to be socially connected and so I go to know that being social is an important thing as well.

- Ansh Patel, 11 Sci.

It was very interesting as we learnt about various university options, courses to pursue and the proper preparations required. Each of the alumni had something unique to share. I was really intrigued by Anantha Bhaiya's words and it was quite logical. I connected with him the most as he is pursuing

engineering which is what I want to do in the future as well.

- Ananya Srivastava, 12 Sci.

Their feedback was truly helpful, as the first thing I did after going home is update my LinkedIn. It was great to receive advise from them, as their school journeys were something I could actually relate with. I am sure all my peers felt the same way, and it was great knowing that such dreams are practical and achievable. I hope to see another batch come next year, and get more 'real world knowledge', before I leave for college. I hope to see myself on the panel one day, helping change someone else's life, like they changed mine.

- Ayaan Patel, 11 Sci.

The Alumni Meet 2026 was a one of a kind experience to attend. The beauty of receiving first hand guidance from our respectable seniors who have been in our shoes a few years back was truly meaningful.

A few impactful messages which have left an encouraging imprint are finding our niche, believing in ourselves and importance of EQ.

- Hetika Siltani, 12 Sci.

The Alumni sharing their first-hand experiences, truly raw, enlightened us towards future career options, competitive examinations, reality-checks and also how one's passions also opens doors to new opportunities. It was a really engaging session connecting the entire crowd present in the room and leaving us all with a newer outlook towards our future.

- Aara Moghal, 10γ

We received valuable advices on to how to proceed in the real world and corporate world. We also realized that the skills that school tries to imbibe in us are so valuable ahead in life. The alumni candidates invited were pertaining to different fields like law, engineering, management, neuroscience and marketing and so on. They were seen nostalgic and proud to be there and encouraged us to be on their side in future.

- Apeksha Makwane.12 Hum.

We had alumni available from each stream like, Ananth, Kian and Zenia from Science, Kenil and Dhruvi from Commerce and Sharvanee from Humanities. All of them shared their advices, their problems challenges faced during college, they also shared that how the values taught by Nalanda, is now helping them as they move each step closer to their goal.

Thank You,

- Sarthak Singh, 10γ

Personally, I was interested by Kian Babariya's career which was related to neuroscience and merged computer science with it. Shervanee Mishra also shared her experience when shifting from school to college. Overall, it was an enjoyable and informative session which exposed us to the world.

- Devansh Panchal, 11Sci.

We got to ask our questions to explore the fields they chose & their memories were the most fascinating thing to hear about. In short, we gained a lot of information for future decisions.

- Avaneesh, 10 Y

The Alumniees encouraged us for our upcoming years, while giving us advice about how to balance our studies and hobbies. Personally it really helped me to know how to manage studies along with my passion. They each highlighted the importance of school subjects and experiences, and how it helped them in life. This panel discussion helped many of us to know and vision how our lives could be would be and motivated us to keep going.

- Siya Pithadia 10γ

This Alumni session was truly enlightening and fruitful. I was intrigued by seeing a labyrinth of streams and career options. It was even a proud moment to see our alumni aspire great heights. Their active growth truly inspired and motivated us all. Truly, this session mentored me to choose my career path and erased all my doubts.

- S. Kavya, 10α

Hallmarks:



Shivant, 4β - My Favourite Family Trip
(BriBook Author)



Divy, 4δ - Little Guardians
(BriBook Author)



Devansh, 4ε - Venture Into The Wild
(BriBook Author)



Nishka, 4δ has received medal and certificate for Social Studies Olympiad



Yana, 3γ - 3rd position in U-10 9th Indian Open Karatedo Championship



Priyam, 2β has received a medal and certificate for ICSO Computer Olympiad



Arjun, 3β - 2 Bronze medals in 2 different categories for National Level Kick Boxing



Aarav, 2β - Medal and Certificate for completing GK Beginner Module Course



Aarav, 2β has received a trophy for securing 2nd position for chess competition organised by Baroda Chess Carnival

Hallmarks:



Aashvi Patel, Nur α - 2nd position in Rhymes and Storytelling Competition at National Talent Olympiad



Dharv Shah, Sr. KG ε - Orange belt in Karate



Kanvi Parikh, Sr KG β - Yellow belt in Karate



Ryeana Patel, Sr. KG α - Completed Intermediate Level in Rubik's Cube



Rysa Kodwani, Sr. KG β - 5th position in 4x4 Speed Cubing



Aarav, 5β - 7th Rank in Seiko Kai Karate



BriBooks Authors - Shresht, 6δ (Factors of Life), Kavyansh, 6δ (The Magical Portal), Jiyaan, 5β (True Friendship)

Hallmarks:



Vrutti 7δ



Shriya, 6δ



Vivaan, 5β

● Here's what Vrutti and Shriya had to say:

● My name is Vrutti Patel, 7δ and I am proud to have been part of a Guinness World Records achievement. On 2nd February 2026, during the birthday celebrations of His Holiness Mahant Swami Maharaj, I memorised 315 Sanskrit shlokas from Satsang Diksha. This achievement is my humble offering to seek the blessings of Bhagwan Swaminarayan and Mahant Swami Maharaj.

● I am Shriya Kadam, 6d. My book, Lost in Screens, earned a spot on the global BriBooks Honour Roll! I'm thrilled to share my author journey.

● I am Vivaan Patel, 5β. I was awarded as the Officially Amazing Reader by EBAK - Guinness Book of World Record.



Keona, Netra 8β, Shree 6α



BriBook Authors - Katha, 7δ (Rencias Saturn Fantasy World), Aarav, 7δ (The Halloween Day)

LIFE LESSONS FROM BIG SPORTING EVENTS



Major sporting events such as the FIFA World Cup, the Olympics, and the Cricket World Cup are not just about winning medals or trophies. They also teach us many valuable life lessons that we can use in our everyday lives.

One example is Spain's recent success in football. Their achievements did not happen overnight. It was the result of years of hard work, planning, teamwork, and continuous learning. Players, coaches, and support staff all worked together towards a common goal. Their journey shows that success comes from consistency and dedication rather than talent alone.

This lesson applies to all of us. Whether we are students, professionals, or athletes, reaching our goals requires patience, effort, and discipline. Success is often built through small daily actions rather than one big achievement.

Sport also teaches us the importance of teamwork. No team can succeed if individuals focus only on themselves. The best results come when people support each other, communicate well, and work together. These are qualities that are equally important in classrooms, workplaces, and communities.

Another important lesson is resilience. Every athlete faces challenges, losses, and setbacks. What makes them successful is their ability to learn from mistakes and keep moving forward. Life is no different. Difficult situations can help us grow stronger and more confident if we choose to learn from them.

As we watch athletes compete on the world's biggest stages, we are reminded that success is a journey. Hard work, teamwork, perseverance, and a positive attitude can help us achieve our goals, both on and off the field. These are lessons that make sport much more than just a game.

MAGIC FINGERS



Avyaan, 5α



Shiksha, 6α



Bhavya, 6α



Aanika, 6α



Aanika, 6α

PARENTING TIPS - Parenting in the Digital Age: Managing Your Child's Screen Time

Screen time is one of the biggest challenges modern parents face. It is completely normal to feel frustrated when you see your child staring at a glowing screen for hours, seemingly oblivious to the world around them.

Because a child's brain is still developing, they genuinely lack the impulse control to just "put the phone down" on their own. The apps they use are designed to keep them hooked. As parents, our goal isn't to wage a war against technology, but to gently guide them toward balance.

Here are four practical, everyday tips to help your child look up from their screen and reconnect with the world around them:

- **Create "No-Phone Zones" and Times:** Start small by making the dinner table and bedrooms completely screen-free. Keeping devices out of the bedroom at night is especially critical, as it protects their sleep and prevents late-night scrolling.
- **Establish a "Earned Screen Time" System:** Instead of making screen time an entitlement, treat it as a privilege. Let children earn their digital hours by completing their real-world responsibilities first, such as homework, reading, outdoor play, or household chores.
- **Be a Digital Role Model:** Children mimic what they see. If we are constantly checking our emails or scrolling through social media during family time, they will see that as standard behavior. Try putting your own phone away in a drawer when you come home from work to show them that life happens offline.
- **Offer Engaging Alternatives:** Often, children turn to phones simply because they are bored. Fill that gap by planning family board game nights, signing them up for sports, or cooking a meal together. When real life is engaging and fun, the pull of the virtual world naturally weakens.

Change won't happen overnight, and you might face some pushback initially. Stay patient, stay consistent, and remember that you are helping them build a healthy habit that will benefit them for the rest of their lives.

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