

National Cyber Olympiad Medals & Certificate Distribution

April 6, 2024

The National Cyber Olympiad (NCO) is organized by SOF for students of Grade - 1 to 10 to assess their skills in computer and information technology. This year 42 students appeared for this examination. The examination was held on December 19, 2023, in school premises during regular school timings. On April 6, 2024, 5 students out of 42 have been awarded with Gold Medals of Excellence and Participation Certificates. Besides, 3 students **Trishika Mishra (Grade-2)**, **Divyansh Jaikishan Shamdassani (Grade-4)**, **Arjun K (Grade-8)** made school proud by getting Gold Medals of Distinction at Zonal Level. Along with them **Master Keyaan Khatri (Grade-10)** added laurels to school by attaining Gold Medal of Distinction as well as Zonal Bronze Medal. To acknowledge the hard- work of teachers, appreciation certificates were awarded to **Mr. Kanji S, Ms. Khalida S, Ms. Jigisha P and Ms. Namita L** for their valuable contribution to the successful administration of the SOF NCO.



Rangotsav Competition

April 8, 2024

Rangotsav Celebration is an International Level Art Competition from Mumbai, Maharashtra. It is a global platform and inspires students to do their best. They conduct various competitions like Colouring, Handwriting, Collage making, Cartoon making, Sketching, photography etc. **Our two students participated in International Level Art Competition.** They brought glory for school by achieving various positions.

Sr.No	Student Name	Class	Type of Competition	Award
1.	Riyan Ratandip Trivedi	3 rd	Cartoon Making	Consolation Award
2.	Deshana Kandarp Pandya	8 th	Colouring	International Art Merit Award

Principal Dr. Mayur Patadia congratulated students for their achievements. He also acknowledged the efforts made by the Art teachers **Ms Payal Parmar** and **Ms. Swaranjeet Kaur** for guiding them.



Visit of Dr. Abhishek Lakhtakia – CEO Adani Foundation

April 13, 2024

Dream More Achieve More

At Adani Public School we were truly honoured by the presence of **Dr. Abhishek Lakhtakia, the CEO of Adani Foundation**. He is from Lucknow and have more that two decades of experience in the development field. He visited the school campus, went to different classrooms and interacted with both students and teachers.

Dr. Abhisekh was given a formal welcome by the Principal Dr. Mayur Patadia. He also welcomed CSR Head Ms. Pankti Shah. Dr. Abhisekh had a formal interaction with the students of Classes X and XII. In his speech he motivated students to choose the carrier which they like as there is wide variety of choice available now.

Dr. Abhisekh said students that we are living in a VUCA world, full of volatility uncertainty, complexity and ambiguity. To be resilient, ready to accept anything that comes and never be disheartened. He also gave following tips to students:

- To be disciplined and respect everyone.
- To have a collaborative approach.
- To learn new things.
- To be aware about the current affairs.

It was an interactive session with students. Students were privileged to have an interaction with him. They also asked questions related to career guidance to him and got their doubts solved.



Visit of Dr. Abhishek Lakhtakia – CEO Adani Foundation



Visit of Dr. Abhishek Lakhtakia – CEO Adani Foundation



Visit of Dr. Abhishek Lakhtakia – CEO Adani Foundation



Dr. Abhishek ji also wrote an inspirational message of success and formula for students.

"SUCCESS CAN BE ACHIEVED BY
ADOPTING A MINDSET AND SKILL-SETS
THAT ALLOWS YOU TO NAVIGATE
THROUGH THE CONSTANTLY CHANGING
WORLD"

Abhishek
13/04/2024
Dr. ABHISHEK LAKHTAKIA

Fire Safety Mock Drill

April 15, 2024

Prevention is better than cure

The Department of Fire Safety; APSEZ; conducted a fire safety training for the students and the teachers of APS, Mundra on April 15, 2024. The purpose to organize the mock drill was to check the readiness of the school to face any such fire emergency and also to make the students and staff aware about the Fire Fighting Rescue Operation.

The theme for the year is 'Ensure Fire Safety to contribute towards nation building'. Mr. Ratnadeep Trivedi, Associate Manager briefed and trained the students for the same. A Quiz on Fire Safety was also conducted for the students. It helped them to enhance their knowledge about Fire Safety. Live demonstration of how to use fire extinguisher and fire hydrant system was also given.

The program was conducted under the guidance of Ms. Ami Shah, Director Adani Public School, Mundra, Ms. Meeta Jadeja, Director (Kutch Region) and the Principal Dr. Mayur Patadia. In a nutshell, the session was an enriching one with the enthusiastic participation of the students and teachers.



Fire Safety Mock Drill



Fire Safety Mock Drill



Sustainable Development - Zero Hunger Week

April 13, 2024, to April 21, 2024

Background of Sustainable Development Goals

The Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by the United Nations in 2015 as a universal call to action to end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity. The 17 SDGs are integrated—they recognize that action in one area will affect outcomes in others, and that development must balance social, economic, and environmental sustainability.



Sustainable Development - Zero Hunger Week

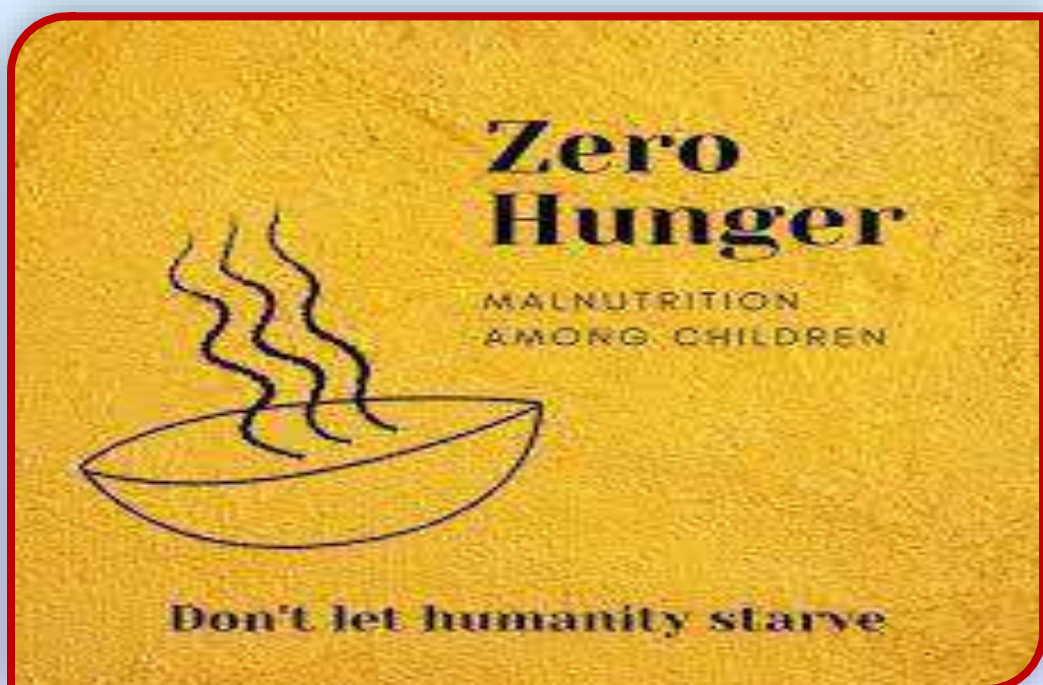
April 15, 2024 to April 21, 2024

No Food Wastage Week from (15th April to 21st April 2024)

Two billion people in the world do not have regular access to safe, nutritious, and sufficient food. In 2022, 148 million children had stunted growth and 45 million children under the age of 5 were affected by wasting.

The objectives of celebrating this week are:

- Creating awareness for SDG – 2 (Zero Hunger).
- Knowing about hunger and malnutrition and its effect.
- Reflecting own value system in connection with food.
- Feeling sympathy, responsibility and solidarity for the people suffering from hunger.
- Developing a habit on not wasting food.
- Ensuring that leftover food can reach needy people of community.
- Spreading awareness in neighbourhood community to contribute towards achieving zero hunger and food wastage.



No Food Wastage Week

April 15, 2024 to April 21, 2024

Pledge for Zero Food Wastage – April 13, 2024 & April 14, 2024

To develop the habit of saving food and zero wastage, each student on 13th April 2024 took pledge in the school assembly. Mr. Parimal Parmar (Sr. Sec. Coordinator) made students take the pledge. Also, the same pledge was taken with all family members at home on 14th April for creating awareness and achieving zero food wastage.

PLEDGE

I / solemnly take the pledge with integrity and honesty / that / I will not waste food at home / parties / hotels / functions / or at any other place / I ensure that / I will give / leftover food to needy people / I will participate in / food charity programs / and give my best contributions / to achieve / Zero Hunger Goal / I will also spread / awareness / for Zero Food Wastage.



Pledge in the Assembly



Pledge at Home



Pledge at Home

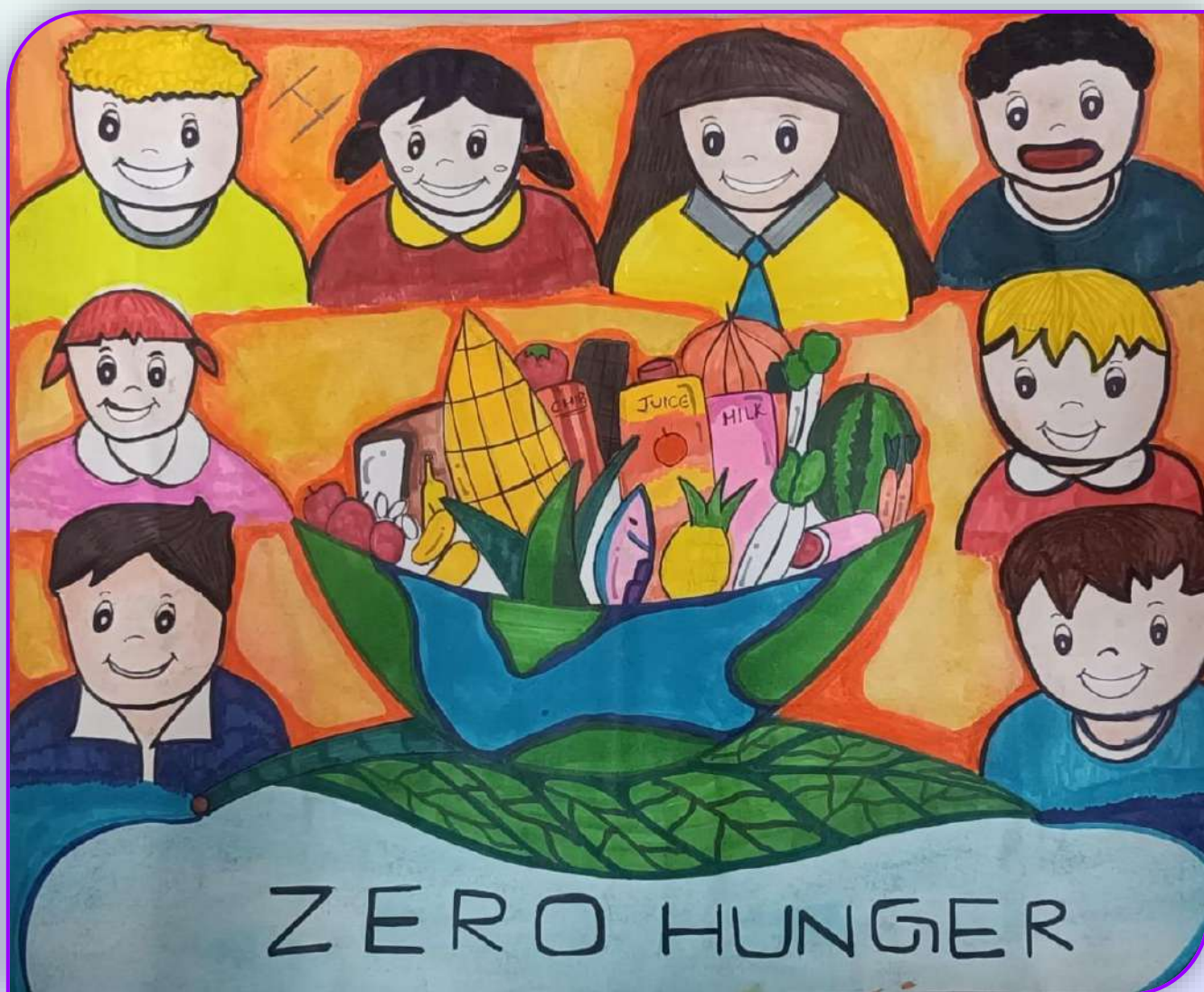


No Food Wastage Week

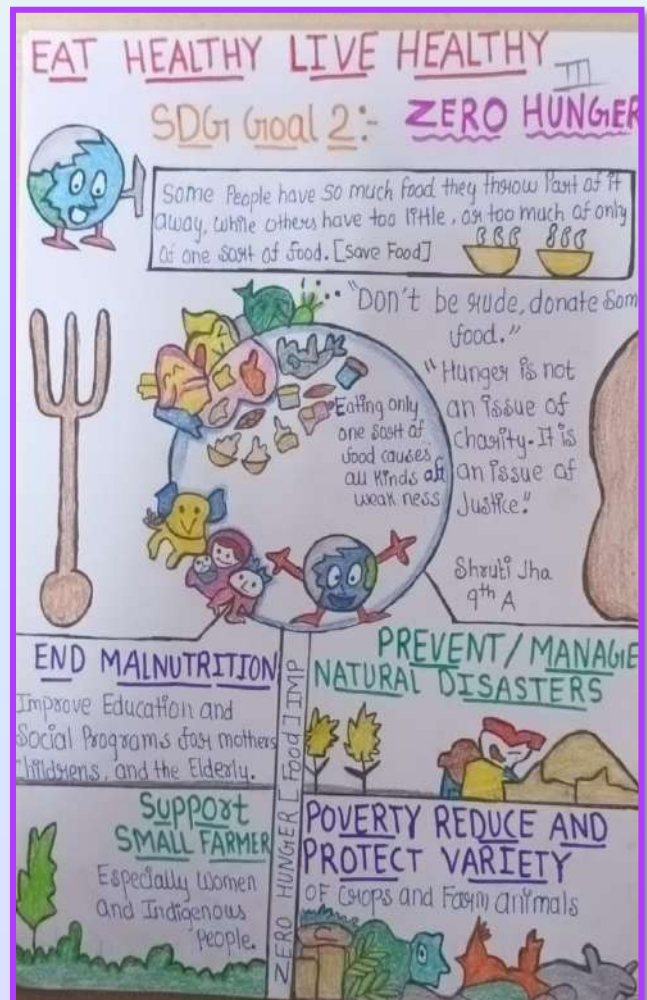
April 15, 2024, to April 21, 2024

Poster Making Competition (Grade 1 to 12) April 15, 2024

APS Mundra organized Poster Making Competition for students of Grade 1 to 12. Student can make drawing, posters, logo, paintings, or any creative art form on the Topics – Zero Hunger, Zero Food Wastage, Save Food etc. They can also write creative slogan in their posters. The aim behind the competition was to show creative and artistic skills of students and to spread awareness among them. Students participated with immense zeal and enthusiasm and made very beautiful posters related to the theme.



Glimpses of Posters



Glimpses of Posters



No Food Wastage Week

April 15, 2024, to April 21, 2024

Checklist

A checklist was shared with all students for keeping a track for zero food wastage for entire week (15th to 21st April). Students took the print outs for the same or they could also create the format in their way separately. Students kept the record of the same in the checklist. Also, during entire week if any food was leftover, they prepared a recipe from it and wrote the same in the format given. Parents were supposed to involve students in preparation.

Neelam Sahu

Adani Public School
Hunda - 2024 - 25
SD Goal - 2 - Zero Hunger
Checklist for Zero Food Wastage Week (15th April to 21st April)

Please put ☒ if no food is wasted and put X if food is wasted.

Family Member	Date	15-04-2024	16-04-2024	17-04-2024	18-04-2024	19-04-2024	20-04-2024	21-04-2024
	Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Father	Lunch	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Dinner	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Mother	Lunch	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Dinner	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Self	Lunch	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Dinner	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Sibling	Lunch	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Dinner	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Others	Lunch	-	-	-	-	-	-	-
	Dinner	-	-	-	-	-	-	-
Others	Lunch	-	-	-	-	-	-	-
	Dinner	-	-	-	-	-	-	-

Sign of Father: Nisha Sign of Mother: Uttara Sahu Self Sign: Nisha

Date: 21-04-2024

Activity
Leftover Food Recipe

Dear Parents and Students,
Prepare a recipe from leftover food. Parents have to involve students in preparation. Write recipe below.

Name of recipe: Fried Roti

Process of preparation:
the wasted chapatti can be utilised in making this recipe. First cut the chapati into pieces. Take a pan and put two spoons of oil. Add little turmeric, hing, mustard, red chilli powder and salt in it and fry. Then put the pieces of chapati in it and fry it for max. 5min. Eat it!

Adani Public School
Hunda - 2024 - 25
SD Goal - 2 - Zero Hunger
Checklist for Zero Food Wastage Week (15th April to 21st April)

Please put ☒ if no food is wasted and put X if food is wasted.

Family Member	Date	15-04-2024	16-04-2024	17-04-2024	18-04-2024	19-04-2024	20-04-2024	21-04-2024
	Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Father	Lunch	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Dinner	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Mother	Lunch	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Dinner	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Self	Lunch	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Dinner	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Sibling	Lunch	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Dinner	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Others	Lunch	-	-	-	-	-	-	-
	Dinner	-	-	-	-	-	-	-
Others	Lunch	-	-	-	-	-	-	-
	Dinner	-	-	-	-	-	-	-

Sign of Father: Nisha Sign of Mother: Nisha Devi Self Sign: Nisha

Date: 21-04-2024

Activity
Leftover Food Recipe

Dear Parents and Students,
Prepare a recipe from leftover food. Parents have to involve students in preparation. Write recipe below.

Name of recipe: fried rice

Process of preparation:
> Put oil on fried pan
> Put onion in it
> When onion get brownise put maggi masala.
> When it got half ready add rice.
> Add some salt. Our fried rice got

No Food Wastage Week

April 15, 2024 to April 21, 2024

Checklist

Adani Public School
Himda - 2024-25
SD Goal - 2 - Zero Hunger
Checklist for Zero Food Wastage Week (15th April to 21st April)

Please put ✓ if no food is wasted and put X if food is wasted.

Family Member	Date	15-04-2024	16-04-2024	17-04-2024	18-04-2024	19-04-2024	20-04-2024	21-04-2024
	Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Father	Lunch	✓	✓	✓	✓	✓	✓	✓
	Dinner	✓	✓	✓	✓	✓	✓	✓
Mother	Lunch	✓	✓	✓	✓	✓	✓	✓
	Dinner	✓	✓	✓	✓	✓	✓	✓
Self	Lunch	✓	✓	✓	✓	✓	✓	✓
	Dinner	✓	✓	✓	✓	✓	✓	✓
Sibling	Lunch	✓	✓	✓	✓	✓	✓	✓
	Dinner	✓	✓	✓	✓	✓	✓	✓
Others	Lunch	✓	✓	✓	✓	✓	✓	✓
	Dinner	✓	✓	✓	✓	✓	✓	✓
Others	Lunch	✓	✓	✓	✓	✓	✓	✓
	Dinner	✓	✓	✓	✓	✓	✓	✓

Sign of Father: _____ Date: 21-04-2024
Sign of Mother: _____
Self Sign: Adhwaith A
Activity: Leftover Food Recipe

Dear Parents and Students,
Prepare a recipe from leftover food. Parents have to involve students in preparation. Write recipe below.

Name of recipe: Chappati Masala

Process of preparation:
Take some left over chapati. Cut the chappatis into small pieces. Take a pan add some oil or ghee put some oil mustard and onion and Tomato, ginger garlic paste, some Turmeric powder Coriander powder, chilly powder, cumin seeds and garlic some masala. When this masala's cooks well well add some salt and chappatis into the pan and mix and add some coriander leaf your masala is ready.



Adani Public School
Himda - 2024-25
SD Goal - 2 - Zero Hunger
Checklist for Zero Food Wastage Week (15th April to 21st April)

Please put ✓ if no food is wasted and put X if food is wasted.

Family Member	Date	15-04-2024	16-04-2024	17-04-2024	18-04-2024	19-04-2024	20-04-2024	21-04-2024
	Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Father	Lunch	✓	✓	✓	✓	✓	✓	✓
	Dinner	✓	✓	✓	✓	✓	✓	✓
Mother	Lunch	✓	✓	✓	✓	✓	✓	✓
	Dinner	✓	✓	✓	✓	✓	✓	✓
Self	Lunch	✓	X	✓	✓	✓	✓	✓
	Dinner	✓	✓	X	✓	✓	✓	✓
Sibling	Lunch	✓	✓	X	✓	✓	✓	✓
	Dinner	✓	✓	X	✓	✓	✓	✓
Others	Lunch	✓	✓	✓	✓	✓	✓	✓
	Dinner	✓	✓	✓	✓	✓	✓	✓
Others	Lunch	✓	✓	X	✓	✓	✓	✓
	Dinner	✓	✓	✓	✓	✓	✓	✓

Sign of Father: _____ Date: 21-04-2024
Sign of Mother: _____
Self Sign: _____
Activity: Leftover Food Recipe

Dear Parents and Students,
Prepare a recipe from leftover food. Parents have to involve students in preparation. Write recipe below.

Name of recipe: Fried chapati

Process of preparation:
The wasted chapati can be reused in making this recipe. First cut the chapati into pieces. Take a pan and put two spoons of oil, a little turmeric, hing, mustard, red chilly powder and salt in it and fry it. Then put the pieces of chapati in it and fry it for maximum 5 minutes and Eat it! It is tastier tasting with tea.



No Food Wastage Week

April 15, 2024, to April 21, 2024

Food Charity April 19, 2024

There are many people and children who did not get proper food and they suffer from hunger and malnutrition. Food charity helps us in reducing the same. APS Mundra conducted the **Food Charity Program** as a part of 'No Food Wastage Week Celebration' on April 19, 2024.

Students from classes 6 A visited the slum area at Mundra opposite to Adani Wilmar Colony and Class 7 D visited slum area opposite to Ashapura Company near Mundra Bhuj road. They donated fruits to the poor people. **They were accompanied by their teachers Ms. Ayasa Ansari, Ms. Jyoti Samkaria, Mr. Lalji Maheshwari and Mr. Ved Raval.** They donated fruits to the needy section of the society. Through this small act of kindness, they learned the topic of **Zero Hunger** and also learned the lesson of **NOT TO WASTE FOOD.**



No Food Wastage Week

April 15, 2024 to April 21, 2024

Food Charity – April 19, 2024



No Food Wastage Week

April 15, 2024 to April 21, 2024

Food Charity – April 19, 2024



No Food Wastage Week

April 15, 2024, to April 21, 2024

Zero Hunger and No Food Wastage Awareness Rally

Students of APS took out a rally to spread awareness in neighbourhood areas. They carried various posters that spoke a lot about no food wastage. They also recited that slogan on zero hunger and zero food wastage



No Food Wastage Week

April 15, 2024, to April 21, 2024

Zero Hunger and No Food Wastage Awareness Rally



Conclusion:

Through various activities an awareness is created, habits are inculcated for zero hunger goal. Special thanks to all Students and Parents for participating wholeheartedly in all activities and events.

Special thanks to Director APS Ms. Ami Shah, Director (Kutch schools) Ms. Meeta Jadeja and Principal Dr. Mayur Patadia for planning such visionary activities that not only helped in inculcation of good habits in students but also developing soft skills like empathy and compassion in them.

Music Competitive Examination Certificate Distribution

April 16, 2024

APS runs the Centre of Bruhad Gujarat Sangeet Samiti run by Gandharva Mahavidyalaya, Maharashtra and conducts Classical Music Exam for the students. Every year all the students of class VI participate in the first-year classical music exam (Prarambhik). **It was held on December 13, 2023**, during regular school hours. The objective of this examination is to give students the basic knowledge of classical music. This year **total 203 students** took part in this examination (Classical and Vocal).

Our students who appeared for Music Competitive exams organized by Bruhad Gujarat Sangeet Samiti cleared their exams with flying colours. 117 students got distinction; 63 students secured first class and 23 students secured second class. Their hard work was appreciated. **Principal Dr. Mayur Patadia** appreciated the efforts of students and honored them by giving them the certificates on 16 April 2024. He congratulated Music teacher **Mr. Parag Sompura** and **Mr. Durgesh Mali** for their constant guidance.



Music Competitive Examination Certificate Distribution

April 16, 2024



Music Competitive Examination Certificate Distribution

April 16, 2024



Music Competitive Examination Certificate Distribution

April 16, 2024

The International Social Studies Olympiad (SOF - ISSO) is a prestigious educational event held annually by Science Olympiad foundation. Total 95 students appeared for this examination. The examination was held on 12th December 2023 in school premises during regular school timings.

18 students out of 95 have been awarded with Gold Medals of Excellence and Participation Certificates. Besides, **5 students named Mehtab Singh (Grade-3), Sukanya Kuanr (Grade-3), Mudit Kumar (Grade-3), Divyansh Shamdasani (Grade-4) and Chinmay Amboori (Grade-4)** have been awarded with Gold Medals of Distinction to felicitate their excellence. The event was held on 18 April 2024.

To acknowledge the hard- work of teachers, appreciation certificates were awarded to **Ms Mamta S, Mr. Anwar H, Mr. Chandresh Solanki, Ms. Lalita S, Ms. Seema B, Ms. Monika G, Ms. Sony J and Ms. Suvasini P** for their valuable contribution to successful administration of the SOF ISSO.



Voice Over Competition

April 18, 2024

A voice over competition was organized for students of Classes 1 to 12, on 18 April 2024. Children have to prepare 45 sec to 1 min voice over of their famous cartoon character or personality (Great Leaders, Sports Person, Award Winners or any other famous personality). Voice Over can be done in English or Hindi. Enactment, Voice Modulation, Dialogue Delivery and Overall Confidence were the criteria.

The competition aimed at enhancing thinking and speaking skills of the students. Students of APS participated in the Voice Over Competition with great zeal and enthusiasm. Overall, it was an enjoyable and a learning experience for the students as they could keep abreast with the happenings in the wider world around them.

Certificates were awarded to the top performers of competition. Special thanks to Director Ms. Ami Shah, Director (Kutch schools) Ms. Meeta Jadeja and Principal Dr. Mayur Patadia for arranging such an active and enthusiastic competition.



Voice Over Competition

April 18, 2024



Career Guidance Session – Voice Artist

April 19, 2024

A Non-Traditional Career Pathway

A voice over is a unique production technique where a person records a voice to narrate a story or add more information and is used in a radio, television production, filmmaking, theatre, or other presentations.

Person who does Voice Over is known as **Voice Actor or Voice Artist**. We don't see the voice actor but only hear them speak. **The voice over industry welcomes voice artists of all ages and experiences.** It's commonly used in documentaries, commercials, animated films, video games, and instructional videos, among other media formats.

Principal Dr. Mayur Patadia and Coordinator Mr. Parimal Parmar shared the presentation with students of Classes 5 to 12 showing how they can explore their voice over as a career option also. Through their presentation they shared the following points.

- What is Voice Over?
- Famous and highest paid Voice Artist
- Steps involved in building a career as a Voice Over Artist.
- Qualifications, skills, and attributes required.
- Training and Education
- Technical skills
- Professionalism and Reliability
- Networking and Marketing
- Institutes for Admission

It was an informative and enriching session for students, in which they developed an insight of **Out of the Box Careers Option.**

Career Guidance Session – Voice Artist

April 19, 2024

A Non-Traditional Career Pathway



Career Guidance Session – Voice Artist

April 19, 2024

A Non-Traditional Career Pathway



Gratitude to Director of Education (Kutch schools) Ms. Meeta Jadeja for her words of wisdom and motivating presence.

Thanks to Ms. Jigisha Patel for preparing, designing content and organising all information into a presentation.

Also, special thanks to Director APS Ms. Ami Shah and Principal Dr. Mayur Patadia for arranging such an informative career guidance session.

Emotional & Mental Well being Session – Menstrual Cycle

April 23, 2024

Adani school organized an interactive workshop on '**Menstrual Hygiene Management**' for the Girls of Classes 5 to 7 on **23 April 2024**. It was presided by Ms. Rupa Kapoor. Ms. Rupa Kapoor is a Development Professional and a former member of National Commission for Protection of Child Rights (NCPCR) and In - charge of Child Psychology and Child Protection, Pan India.

The objective of this session was to provide adolescent girls with knowledge about sanitary products and facilities to understand and manage their menstruation. Following points were discussed by Ms. Rupa Kapoor in detail.

- Key Facts on Menstruation
- Key problems in Menstruation
- Menstrual Taboos
- Traditional products used in menstrual cycle.
- Traditions in menstruation

Further she discussed the effect of poor menstrual practices on emotional and mental wellbeing. She also discussed about normalising menstruation. She highlighted the following points:

- Types of sanitary products
- Key menstrual disorders
- Menstrual hygiene education
- The Pink Toilet Initiative
- Proper Nutrition in menstruation

Before ending the session, Ms. Rupa Kapoor insisted everyone on having a proper nutritional diet during periods. The food platter should be the combination of carbohydrates(chapatti), proteins (dal, paneer etc), iron (green leafy vegetables) and calcium (fish, curd). She also encouraged women to be empowered.

It was an interactive session and students asked many doubts. Their doubts were cleared by Ms. Rupa Kapoor. Special thanks to Director Ms. Ami Shah, Director (Kutch schools) Ms. Meeta Jadeja and Principal Dr. Mayur Patadia for arranging such an elevating session for students.

Emotional & Mental Well being Session – Menstrual Cycle

April 23, 2024



Parenting Seminar

April 24, 2024

Understanding Emotional and Mental Wellness of a Child

Adani Public School conducted a Parenting Seminar understanding Emotional and Mental Wellness of the children for the Parents of Grade 9 to 12 on April 24, 2024. It was led by Ms. Rupa Kapoor. Principal Dr. Mayur Patadia gave her a formal welcome. Ms. Rupa Kapoor is a Development Professional and a former member of National Commission for Protection of Child Rights (NCPCR) and In - charge of Child Psychology and Child Protection, Pan India.

The session was engaging and informative for the parents. It is very well said by Matthew Jacobson, **"Behind every young child who believes in himself is a parent who believed him first."**

Children who prioritise their emotional and mental wellbeing are better able to manage stress, anxiety, and depression, which can lead to better academic performance, better relationships with peers, family, and friends. It can lead to improved social connections.

Throughout the session, the following points were highlighted:

- Importance of understanding mental health of children.
- Reasons for stress and anxiety among children today.
- What are the mental health situations and how can it be identified.
- Overcome the situation with love, care and positive school and home environment.

It was stated that there are many problems that young people face nowadays i.e. family alienation, physical changes, feeling of disrespect from adults, nutritional disorders, financial and social pressure, domestic violence.

Parenting Seminar

April 24, 2024

While discussing the problems, solutions were also poured for the same:

- No Reprimand
- Build Confidence
- Engage in Life Skill Sessions
- Address Nutrition in children.
- Therapeutic Measures

Session was concluded emphasising the importance of SAMVEDNA- Sensitizing Action on Mental Health Vulnerability through Emotional Development and Necessary Acceptance. Special thanks to Management for arranging such an informative session.



Parenting Seminar

April 24, 2024



Checkmate Competition

April 28, 2024

A chess tournament is a series of chess games played competitively to determine a winning individual or team. Checkmate Chess Tournament was held on 28 April 2024 at Mundra. This tournament was for Under 14 category. Total 14 students participated in it and four Swiss rounds were conducted.

Proud moment for APS as Arjun Karthik from Grade 9 won all the four Swiss rounds and secured First Position. He was awarded the Championship trophy. Principal Dr. Mayur Patadia congratulated Arjun for his remarkable achievement. He also appreciated the efforts of sports teachers Mr. Hitesh Maheshwari, Ms. Krutva Mankad, Mr. Hemal Solanki and Ms. Neelam Thackar. Once again Arjun Karthik proved that East or West Adani is the best!



Library Awareness Program

April 28, 2024

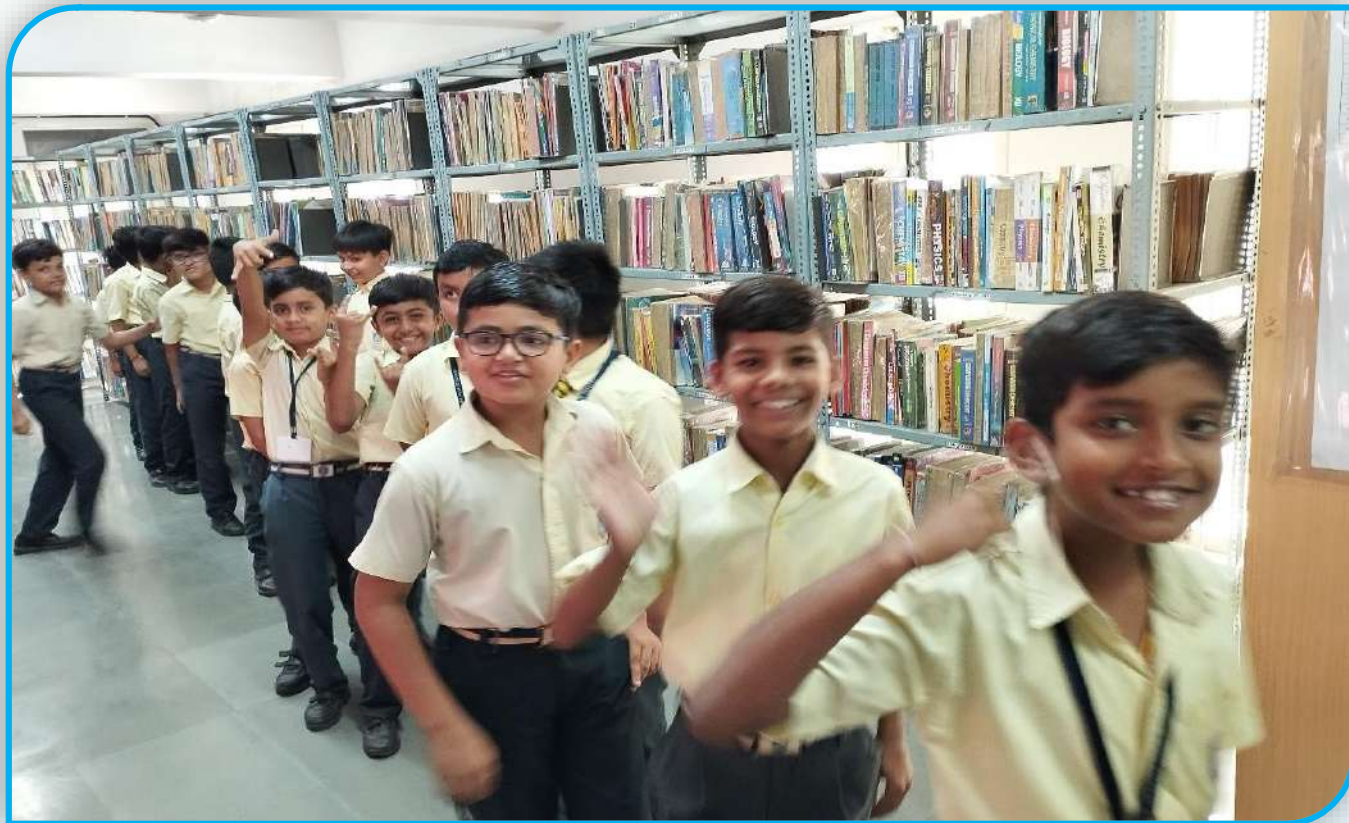
To familiarize the newcomers with the process and procedures of using the library an awareness program was conducted from 8th April 2024 to 20th April 2024 by the Librarian Mr. Suresh Limbachiya. This exercise was conducted during library period for class V and VI (all sections). He explained the students on various processes of using the library resources during school hours or library class.

Following points were covered:

- Books borrow in library class and prepare Library Card
- Duration a student can keep a book with himself.
- Usage of various periodicals
- Use of reference books
- Code of conduct in the library
- How to make a new card if the original is lost.
- Book reviews
- Publication of student's articles
- How to compensate the damage caused to the book issued or lost etc.
- How to use library resources
- What are eBooks?
- How to store and purchase library resources.
- What is a newspaper and the difference between newspaper and periodicals?

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