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June 2023

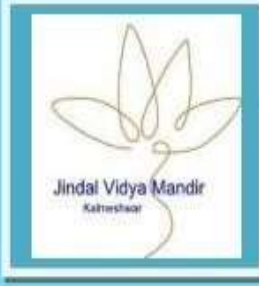
उड़ान



Sky is the limit....!



Recipient of "International Dimension in Schools" by British Council



**Jindal Vidya Mandir,
Kalmeshwar**

Monthly Newsletter

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June 2023

From Principal's Desk:



Dear Children,

Welcome back to school and have a dynamic and enriching academic year ahead.

The new session will bring you variety of opportunities and learning experiences to shape your personality. The scholastic and co scholastic activities add to one's knowledge and skills and students must actively engage seeking learning through these activities. Avail opportunities as per your interest and abilities to participate with enthusiasm and energy. Every experience counts as it leads to a great amount of learning.

This year the theme of all the school activities is SDGs, i.e. Sustainable Development Goals. Each one of us has to contribute for SDGs in terms of becoming aware, alert and agile for its further dissemination among masses and communities. The SDGs promote health, harmony and balance across the living and nonliving domains and ensure sustainability of resources and life on Planet Earth.

Hence this year, the central and core idea of all the school activities will be Sustainable development goals. Do read and research on these goals, take ownership and join hands with teachers in planning and implementing various activities. Plan or participate.... both the experiences will bring you joy & learning.

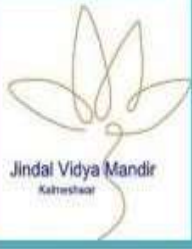
Dear children, plan your studies and activities so that your overall personality development and knowledge power will increase in the year ahead.

And remember, your teachers and parents will be with you in your journey of learning.

Take Care.

My best wishes to you!

Principal
C. Pallavi



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Student's Section

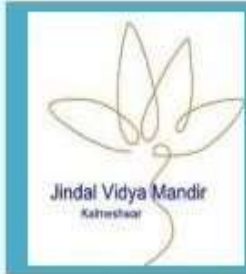
Jindal Vidya Mandir, Kalmeshwar
C.B.S.E. - AISSE (Class X) Result 2022-2023
Hearty Congratulations !

 ANSHUL SWARNIKAR(91%)	 APEKSHA SINGH(92.20%)	 ADITI SHRIVASTAV(88.80%)				
 YASH BHOJAR (88.40%)	 TITHI JOSHI (88%)	 ADITI KARAN (87.80%)	 YATIKA KHATEDIYA (86.80%)	 AYUSH KALE (86.40%)	 TANISHKA GULHANE (86.20%)	 YUGAL DHOKE (85%)



Jindal Vidya Mandir , Kalmeshwar witnessed yet another success this year by seeking a 96% passing percentage in Xth CBSE Board Examination session 2022-2023. Apeksha Singh emerged topper of the school by securing 92.20%, Anshul Swarnikar stood second with 91%, followed by Aditi Shrivastav with 88.80%. Yash Bhojar and Tithi Joshi with 88%. The Further results were as followed, Aditi Karan secured 87.8%, Yatika Khatediya secured 86.8 %, Ayush Kale and Tanishka Gulhane secured 86% and Yugal Dhoke secured 85%.

The Plant Head of JSW, Steel Coated, kalmeshwar, Mr Rajesh Jain congratulated the students, the Principal Pallavi Chakilala and the whole faculty of Jindal Vidya Mandir for the umpteen efforts and conveyed that they are looking forward to continuing with the same spirit and to give such an excellent result in the future as well.



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Congratulations!!!

Jindal Vidya Mandir , Kalmeshwar

(Class X) Result 2022-23

Hearty Congratulations !



SANIKA THAKRE (94.20 %)



MANSI DEHANKAR (89.40 %)



KHUSHAL PATIL (88.80 %)



ANSHUL TAGDE (88.40 %)



SWAROOP WAGHDHARE (88.40 %)

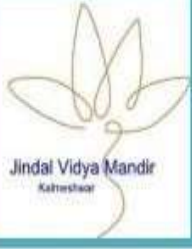


PRIYANSHI THAKRE (86.40 %)

Jindal Vidya Mandir, Kalmeshwar has continued the trend of seeking outstanding results by securing 100% passing percentage in SSC Board Exams of session 2022-23. This year total 71 students appeared for exams. The first three toppers of the school are Miss Sanika Thakre with 94.20 %, Miss Mansi Dehankar with 89.40 % Mast. Khushal Patil with 88.80 %

Out of total 71 students, 24 passed with distinction, 26 students in grade I, 17 students in grade II , pass grade 04 students.

The Plant Head of JSW Steel Coated, Kalmeshwar Mr. Rajesh Jain congratulated the Topnotchers, their parents and appreciated the efforts of Principal, Staff and students for the excellent results



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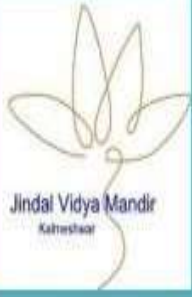
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**Ms Gunjan Khandar of
Grade Xth Successfully
Completed the IAYP
Bronze Level. We
congratulate her for
her achievement.**



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My School in Action

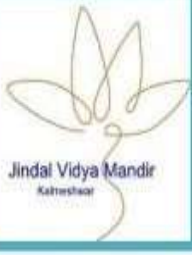


Helen Keller's Birth Anniversary

The students of Jindal Vidya Mandir commemorated Helen Keller's Birth Anniversary on 27th of June 2023 in school premises through a Special Assembly. The assembly was conducted by the students of Grade IX. On the occasion, Class Xth students participated in group wise pictorial story representation, An autobiography and a poem of Hellen Keller was delivered by Miss. Shrushti Helonde and Miss. Hasri Upase. As per the CBSE circular, a webinar was arranged on the topic: Ms. Hellen Keller: An Inspiration for the students, which was lead by the speaker Mr. Nachiket Raut, Director, National Institute of Empowerment of Persons with Multiple Disabilities, (Divyangjan) (NIEPMD), Chennai, Tamil Nadu.

The children were addressed that visual impairment did not stop Helen Keller from achieving her goals and that determination to learn and discipline are the keys to success. The Principal Ms.C.Pallavi, also encouraged the students to derive an inspiration from Hellen Keller's relationship with her teacher and Guru, Anne Sullivan.





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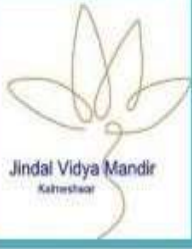
April 2023

9th International Yoga Day Celebration



Jindal Vidya Mandir, Kalmeshwar celebrated the 9th International Yoga Day from 19th to 21st June 2023 with the enthusiastic participation of students and staff members. The celebration was a part of a global commemorative efforts of international day of yoga initiated by the Government of India and the United Nations organization. Mr. Devendra Pratap Singh -Senior Yoga Therapist, Swami Vivekananda Yoga Research Institute(Bengaluru) conducted the yoga session, along with the Phy. Edu. Teacher Mr. Govinda Pal under the able guidance of the Principal Mrs. C. Pallavi. The celebration commenced with Mr.Devendra Pratap Singh and Mr. Govinda Pal's instructions. The students and teachers explored and enjoyed the bliss of doing yoga on all three days and realized its importance in life through various exercises and Asanas i.e. initial stretches, Tadasana, Vajrasana, Bhadrasana, Kapalabhati, Pranayama, Surya Namaskara etc. the students learnt how to remain de-stressed, flexible and calm by developing physical and mental strength.





Jindal Vidya Mandir, Kalmeshwar

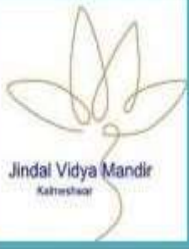
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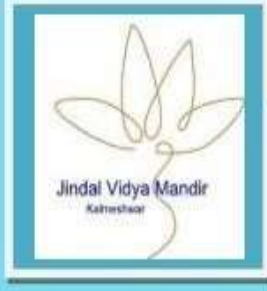


Parent Orientation

Jindal Vidya Mandir, Kalmeshwar organized an orientation session for the parents of the ECCE department to make them aware of the academic processes, change in publication, co-scholastic monthly activities, school timing, safety measures (Transportation details, Child delivery format) etc. The programme began with welcoming of the parents by student council members, they escorted them to the respective classrooms. Students of senior grades welcomed parents and explained the agenda of the Parents orientation.

The respective class teachers further explained the details of uniform, processes, requirement of transportation details etc. At the end, the teachers resolved all the queries of parents. The programme concluded successfully under the guidance of Principal Ms. Pallavi Chakkilala and the ECCE In-charge Ms. Deepa Nigam.





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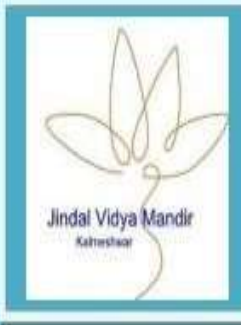
Welcome Back to School

Welcome back to all our Friends,
Fun and Learning never End!

Welcome back it's a happy DAY..
A day for learning,, A day for Play!!

Ms Prachi. C(PRT English)





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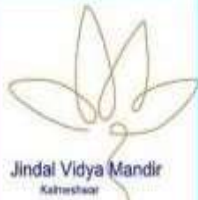
The Significance of Yoga Day

Yoga, an ancient practice originating from India, has gained immense popularity worldwide in recent years. Every year on June 21st, International Yoga Day is celebrated, highlighting the importance of this holistic approach to physical and mental well-being. As a student, I firmly believe that embracing yoga in our daily lives can bring about remarkable positive changes. Yoga encompasses much more than just physical exercise. It is a comprehensive system that combines physical postures (asanas), breathing techniques (pranayama), meditation, and ethical principles for a harmonious existence. The practice of yoga fosters a deep connection between the body, mind, and spirit, promoting overall health and inner peace. One of the primary benefits of yoga is its impact on physical health. Regular practice improves flexibility, strength, and balance, promoting a healthy and resilient body. By engaging in various asanas, we can enhance our posture, prevent injuries, and alleviate chronic pain. Moreover, the controlled breathing techniques employed in yoga help in reducing stress and promoting relaxation, leading to improved cardiovascular health and better respiratory function. Yoga not only nurtures the physical aspects but also nurtures mental and emotional well-being. In today's fast-paced world, stress and anxiety have become prevalent among students and individuals of all ages. Yoga acts as a powerful antidote to these modern-day ailments. Through meditation and mindful practices, it calms the mind, reduces anxiety, and enhances mental clarity. The emphasis on self-awareness and self-acceptance in yoga empowers individuals to better manage their emotions and cultivate a positive mindset. Additionally, yoga cultivates a sense of unity and connection among individuals. It transcends barriers of language, culture, and nationality, bringing people together through a shared practice. On International Yoga Day, millions of people participate in group yoga sessions, spreading a message of unity and peace. This global celebration showcases the unifying power of yoga and its ability to foster harmony and understanding among diverse communities. As a student, I have experienced firsthand the positive impact of yoga on my life. Incorporating yoga into my daily routine has enhanced my concentration, reduced stress, and improved my overall well-being. It has helped me find balance amidst the academic pressures and provided me with a sanctuary for self-reflection and personal growth.

In conclusion, International Yoga Day serves as a reminder of the transformative potential of yoga. It encourages us to embrace this ancient practice and integrate it into our lives. The physical, mental, and spiritual benefits of yoga are invaluable, offering a path to a healthier, more harmonious existence. As a student, I wholeheartedly celebrate Yoga Day and encourage others to embark on this enlightening journey towards self-discovery and well-being.



Miss Urja c.
Grade xth



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Staff Section

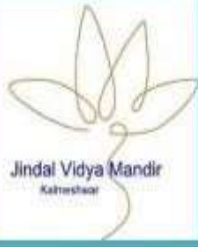
Capacity Building Program by ECCE Dept.

An in-house training workshop was conducted on 27/06/2023 for ECCE teachers on the theme "The Phonetic sounds of alphabets", to enhance the concept of foundational literacy among the children.

With an objective of raising phonemic awareness among teachers, the resource person Ms. Mona Udaan briefed the participants on the given subject.

The session emphasised on different methodologies in the teaching learning process such as Locomotive, tactile, Kinaesthetic through the involvement of the faculties in action Rhyme and oral drills.





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**Glimpses of
Trainings &
Congloms...**



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मी केलेली विदेश यात्रा.....

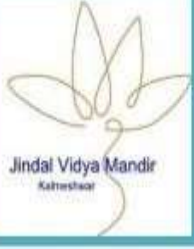
महाराष्ट्र टाइम्सच्या रोजच्या वर्तमानपत्रात माझी अविस्मरणीय सहल या शीर्षका अंतर्गत रोज एका नवीन सहलीचे वर्णन असायचे. ते वाचत असताना मलाही आपण कुठेतरी भ्रमण किंवा फिरून यावे असे मला वाटू लागले. त्या वाचनात मला बाली, इंडोनेशिया, जकार्ता या देशाच्या वर्णने माझे मन मोहवून गेले व त्या देशात जाण्याचे मी ठरविले. एस. के. हॉलिडे टूर्स अँड ट्रॅव्हल्स यांच्याकडून मी जाण्याचे निश्चित केले. दुसऱ्या देशात जाण्याकरता जे काही कागदपत्रे लागत होते, ते सर्व मी तयार करून 17 मे 2023 तारखेला 32 लोकांच्या समुहा सोबत 10 दिवसांसाठी निघाले.

आमचा प्रवास विमानाने नागपूर ते बेंगलोर, बंगलोर ते मलेशिया, मलेशिया ते जकार्ता अशाप्रकारे सुरू झाला व 18 मे 2023 ला आम्ही सर्व तिथे पोहोचलो. जकार्ताची वेळ (घड्याळ) भारतीय वेळे पेक्षा दोन तास पुढे आहे. आमच्या जवळ असलेले भ्रमणध्वनी द्वारे आम्हाला जकार्ताची वेळ समजायची तसेच हातात घड्याळ असल्यामुळे आम्हाला भारतीय वेळ समजायची, आमच्या घरी आम्हाला फोन करायचा असेल तर आम्ही भारतीय वेळेनुसारच फोन करत असू.

इंडोनेशिया व बाली यांच्या वेळेत सुद्धा जकार्ताच्या वेळेनुसार घड्याळीचे दोन दोन तासाचा फरक आहे. त्या ठिकाणी भरपूर झाडे, हिरवळ असल्यामुळे तिथे भरपूर पाऊस पडतो. त्या ठिकाणी लाकडाचे कोरीव काम व लाकडाच्या भरपूर वस्तू तिथे मिळतात. त्या देशात भ्रष्टाचार नाही. सार्वजनिक ठिकाणांची काळजी तिथलेच रहिवासी घराच्यासारखी घेतात त्यामुळे जागोजागी चांगल्या चांगल्या फळांचे, फुलांचे झाडे पाहायला मिळतात. त्या ठिकाणी कोणत्याही घराला किंवा झाडांना कुंपण घातलेले नाही. एक गोष्ट मला आवर्जून सांगावीशी वाटते ती म्हणजे दुसऱ्या देशामध्ये भारताच्या वेशभूषेला, खाद्यपदार्थांना खूप मागणी आहे, त्यावेळेस मला माझ्या देशाचा खूप अभिमान वाटला. तिकडे झाडे खूप असल्यामुळे घरात जमिनीवर फरशा किंवा टाइल्स नाहीत तर लाकडाच्याच फरशा असतात. जास्तीत जास्त लाकडाचा वापर होतो. तिकडे 50 मजल्यांच्या इमारती होत्या तेव्हा माझ्या मनात विचार आला की याचा पाया किती भक्कम असेल. निसर्गाने नटलेला कोणता जर देश असेल तर तो म्हणजे बाली, जकार्ता, इंडोनेशिया.....



*ज्योत्स्ना रणधीर.....
मराठी विभाग*



**Jindal Vidya Mandir,
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करा योग रहा निरोग

राष्ट्रसंत श्री तुकडोजी महाराज यांनी माणसाच्या जीवनातील व्यायामाचे महत्त्व स्पष्ट करताना म्हणतात ---
व्यायाम आरोग्यदायी मित्र। हे ध्यानी ठेवावे सूत्र।

आळस वैरी मानिला सर्वत्र। सर्वतोपरी ॥

म्हणजेच व्यायाम हा आरोग्याचे रक्षण करणारा आरोग्य देणारा तुमचा मित्र आहे. हे सूत्र कायम ध्यानात ठेवा आळस हा सर्वत्र व सर्व प्रकारचा शत्रू आहे त्याला जवळपास थाराही देऊ नका, अशा सोप्या भाषेत व्यायामाचे फायदे सांगितले आहेत.

योग अर्थात संयुक्त होणे. मन, देह आणि आत्मा यांच्यामध्ये संतुलन स्थापित करणे म्हणजे योग. योग प्राचीन भारतीय विज्ञान आहे. योग शारिरीक, मानसिक आणि आध्यात्मिक स्तरावर मानवाचा विकास घडवून आणण्याची क्षमता प्रदान करतो. शरीराला स्थिर, सुव्यवस्थित ठेवणे योगाचे वैशिष्ट्यच आहे. योग म्हणजे एक जीवन जगण्याची एक कला आहे. त्याचे खालीलप्रमाणे अंग आहेत ---

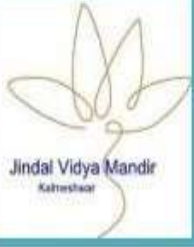
१. यम
२. नियम
३. आसन
४. प्राणायाम
५. प्रत्याहार
६. धारणा
७. ध्यान
८. समाधी

योगाचा नियमित अभ्यास शारिरीक, मानसिक, आध्यात्मिक स्तरावर विकास घडवून आणतो. नित्य योग केल्याने मनाचे विकार दूर होतात. याव्यतिरीक्त योग अनेक शारिरीक आजारांना नियंत्रित करते, उदा. मधुमेह, उच्च रक्तचाप, मोटापा, हृदयरोग, श्वसनरोग, पाचनतंत्र संबंधी रोग, रूधिररोग इ.

योगाच्या नियमित अभ्यासाने योग्य जीवनशैलीचा विकास, मानसिक प्रदुषण वाढून दुषित होऊ नये किंवा दुषित वातावरणात टिकवून ठेवण्यासाठी योग हाच एक अंतिम पर्याय आहे.



Ms Priyanka Wasnik
Library Dept



**Jindal Vidya Mandir,
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THANK YOU

