



From the Principal's Desk

Health Is Wealth

"Health is Wealth" is a saying that emphasizes how important it is to stay healthy. Without good health, it is difficult to enjoy life or do well in school.

We need to take care of our bodies to stay healthy. This means eating the right foods like fruits, vegetables, and grains, which give us energy and help us grow strong. Drinking plenty of water and getting enough sleep also keeps us feeling our best. Regular exercise, like playing sports, riding a bike, or just running around, helps our hearts and muscles stay strong. Good health isn't just about our bodies; it's also about how we feel. Being happy, staying calm, and handling stress well are all parts of mental and emotional health. Spending time with family and friends, having hobbies, and learning new things help us feel good inside. It's important to talk about our feelings and ask for help when we need it.

Good habits like brushing our teeth, washing our hands, and keeping our surroundings clean are essential to staying healthy. These habits help prevent illness and keep us feeling good every day. Avoiding bad habits like eating too much junk food, not getting enough sleep, or spending too much time in front of screens is also important. When we are healthy, we can enjoy life more. We have the energy to play, learn, and spend time with friends and family. We can focus better in school, which helps us do well in our studies. Being healthy also means fewer visits to the doctor and more time for fun activities.

Taking good care of our health is like taking care of a treasure. It allows us to live a happy, active, and fulfilling life. So remember, "Health is Wealth," and it's important to make good choices every day to keep ourselves healthy.

- Ms. Shilpa Tribhuvan,
Principal - RIAW

Editorial Committee:

Ms. Meera Nair (Director)

Ms. Shilpa Tribhuvan (Principal)

Ms. Dibya Baranwal (Admin Team)

Ms. Rupali Kunjir (Admin Team)



Quote of the month

"Health is a priceless wealth.

Invest while you can."

- Bryant McGill.



Your health is a focused investment of time and energy. Your health is your greatest gift. never take it for granted. The higher your energy level, the more efficient your body, the better you feel, and the more you will use your talent to produce outstanding results.

ACTIVITIES

National Doctor's Day

National Doctor's Day is a day set aside to honour physicians for their contributions to society and the healthcare field. The day is an opportunity to recognize the work of doctors, their dedication, and their role in maintaining public health. The students of Mont I dressed up as doctor and spoke on the importance of the doctors in our life. The students of mont II and III designed Thank You Cards for Doctors through Hand Printing Activity. The students of grades I and II participated in Healthy Snacks Competition and the students of grades III to V presented a chart on "Healthy eating habits and how doctors help us keep healthy." While participating in these various activities, the students could learn the importance of maintaining good health and the community service by the doctors.

Green Day

Green Day celebration in mont classes at Ryan International Academy, Wagholi was a joyful and educational event aimed at promoting awareness and understanding of the colour green among young children. Beautifully dressed in green attire the students could identify the green coloured objects around them. They relished the green coloured food items in their tiffin boxes.

Art Contest

An art contest was conducted on the occasion of "Environment Week" in which students from grades II to V participated and showcased their artistic talents with full joy. This contest was aimed to help students know the importance of environment



ACTIVITIES

conservation and express their creative skills by making beautiful posters to save our environment. Such contests encourage the students to show their imagination and creativity and make them more responsible towards environmental issues and natural beauty.

Community Outreach - Hope for the Children Foundation

Community Outreach activity was conducted at the Anganwadi Preschool, The Hope for the Children Foundation, Wadgoansheri. The children welcomed the Ryan Team with wide smiles and curious eyes. The interaction with the children was done with various indoor activities, and their enthusiasm was infectious. A gift pack of books donated by the students of grade I and II was distributed among the children. Their eyes lit up with wonder as they saw the array of colorful books ranging from picture books and fairy tales to educational texts. Chocolates were distributed among the children resulting into an indescribable joy on their faces.

International Friendship Day

International Friendship day is celebrated on the first Sunday of August and dedicated to celebrating and appreciating friends. This is a special occasion to reflect on the positive impact friends have on our lives and to strengthen those bonds. Our talented students began the school assembly with a beautiful song that captured the essence of true friendship and its celebration. The



ACTIVITIES

students of grade I and II participated in Poetry Competition and poetically celebrated the day. The students of grades III to V showcased their creativity by participating in Friendship Band Making Competition, and made the day memorable.

National Parents Day

National Parents Day is a special occasion celebrated to honor and appreciate the role of parents in raising and nurturing their children. This day gives an opportunity to express gratitude for the hard work, dedication, and love that parents provide. A special assembly was held to mark this celebration. The highlight was the performance by a group of students who described the importance of this day and acknowledged the efforts parents made for their children. As a part of the engaging activities, students of grade I and II participated in the drawing competition to highlight the role of parents in an artistic way. An essay competition was also conducted for students of grades III to V where they expressed their love and appreciation through words.

International Tiger Day

International Tiger Day is celebrated on 29th July each year and dedicated to raising the awareness about tiger conservation. This day is aimed to educate people about the importance of these magnificent animals and ensuring the survival of their population. A special assembly was held in which a group of students presented a wonderful performance emphasizing on the challenges faced by the tigers. The students of mont I to



ACTIVITIES

Ill made beautiful tiger masks. Elocution competition was also organized, in which students of grades I to V participated and spoke about the importance of saving tigers for our future generations and the imperative strategies planned by the government to save tigers.

Raksha Bandhan

Raksha Bandhan, also known as Rakhi is an auspicious festival that celebrates the bond of love and protection between siblings. The festival encourages harmony and goodwill, fostering a sense of togetherness. At Ryan International Academy, Wagholi we celebrated Raksha Bandhan with a special assembly depicting the bond of love and affection among the siblings. "Rakhi Making" activity was conducted in which our students from mont to grade V participated and displayed their creativity. It was a joyful and educational experience that fostered a sense of community and cultural appreciation.

World Elephant Day

World Elephant Day is celebrated annually on 12th August and is dedicated to raising awareness about elephants, their importance, and the need for their conservation. The day highlights the threats elephants face and celebrates the efforts to protect these majestic creatures and their habitats. This day was celebrated with a special skit performed by a group of talented students where they displayed the threats elephants are facing currently. Our mont students participated in "Elephant paper puppet activity" and made beautiful sketches. Story



ACTIVITIES

Telling competition was conducted for the students of grade I and II. The students of grades III to V took part in the Picture Description competition - "Elephants are our friends". These activities and competitions encourage students to use their imagination and creativity, increase verbal proficiency, enhance listening skills.

National Sports Day

National Sports Day was celebrated with special performances by talented students who dressed up and portrayed themselves as National Sports Person of India. The students of grades I and II participated in Sports Word Search Competition which helped them read and recognize the right words and connect with relevant topics. An Elocution competition was conducted for grades III and IV, where students showcased their knowledge and learnt the importance of sports in life. The students of grade V participated in Role Play competition and spoke about their favorite sports person. These competitions encouraged the students to participate and provided a platform to showcase their skills and abilities.

National Space Day

National Space Day was celebrated in honor of ISRO's successful Chandrayaan 3 Moon landing with engaging activities organized by GENEX Space. Most students participated in "Space-Themed Drawing Competition" with full enthusiasm and showcased their creativity. The students of grades I to V expressed their thoughts in "Space Themed Essay Writing Competition" and shared their knowledge and information related to space and more. The competitions enhanced their



ACTIVITIES

critical thinking, developed their comprehensive strategy and enabled them to express their ideas with depth and clarity.

Community Service - Nirmal Sanstha Girls Orphanage

The students of grades III to V visited Nirmal Bahuuddeshiya Samajik Sanstha Girls Orphanage at Kesanand Road, Pune as a part of community outreach. The orphanage students extended a formal welcome to our students. All children together participated in various fun activities, played games, sang songs followed by distribution of chocolates. The elder students of the orphanage extended a generous vote of thanks to us for this kind initiative.

ACADEMIC ACTIVITIES

Seed Plantation and Weeding

Eco and Gardening activity is an enriching way to engage students with hands on learning about soil types, plantation, maintenance and harvesting in a school garden. These activities include theory lessons, field work and involve students in decision making processes for school gardening projects and sustainability initiatives. The students of grade I and II learnt to identify the weeds, understood the importance of removing the weeds and the advantages of teamwork. The students of



ACADEMIC ACTIVITIES

grades III to V enjoyed hands on experience of planting mango seeds and the correct methods of seed plantation. The activity sensitised the students towards planting more trees to protect the environment.

Measuring Humidity

The students of grades III to V learnt to explore different methods of measuring humidity and the principles behind them during their Eco and Gardening session. They designed and built a hydrometer using readily available materials - bottle, straw and balloon. They displayed a spirit of team work, collaboration and coordination during the activity.

Types of Houses

The students of grade II created different types of houses using their Yardstick kit. This hands on experience helped them towards a better concept clarity through making of 3D models of houses. Their logical and analytical skills were at peak while they enthusiastically participated in the activity.



EVENTS

Inter House Football Competition

The Inter House Football Competition was conducted for the students of grades I to V. The event brought together the students of all four houses—Red, Blue, Green, and Yellow. The semi-finals featured four houses, each determined to secure a spot in the finals. The matches were intense, with teams demonstrating impressive skills and teamwork. The first semi-final match was contested between Red and Blue House and the second was contested between Green and Yellow House. The final match was contested between the semi-final winners, Red and Green House. The winning position was bagged by the Green House. The Inter House Football Tournament not only provided an opportunity for students to showcase their football skills but also fostered a spirit of camaraderie and sportsmanship among all participants. It was a memorable event that highlighted the importance of teamwork, perseverance, and healthy competition.

Independence Day Celebration

Ryan International Academy, Wagholi celebrated the 78th Independence Day with great pride. With a special focus on the theme of "Viksit Bharat or Developed India by 2047", the celebration began with the guard of honor, badging of the chief guest, hoisting of the national flag, followed by the national anthem, pledge, parade by school council and cultural performances which included a skit dedicated to our Freedom Fighters, patriotic songs and many more.



EVENTS

Parent Teacher Meeting

Parent Teacher Meet for mont I to grade V was conducted to apprise the parents about the academic journey of the students and to share about the special achievements and initiatives taken by the school. It was indeed a delight to meet the parents. The meetings concluded with positive feedbacks. Parents expressed their gratitude and were highly appreciative of the efforts and initiatives of the school and teaching staff.

Tirangaa 2024 - “India - The Rising Titan”

Ryan International Academy, Wagholi hosted its first Annual Interschool Event – Tirangaa 2024 with great honour and pride. The theme for the event was “India - The Rising Titan”. The event began with the badging of the Chief Guest and the Guests of Honour followed by tree plantation. The Inauguration Ceremony began with prayer. The school choir presented a welcome song. The patriotic dance performance by the students was fabulous. The Chief Guest shared his words of wisdom and declared the event open. Students from various schools participated in various competitions to showcase their talent. The events comprised of talent show, sporty steps, rap, puzzles and many more. The judges were mesmerized by the performances by the students of such a small age group. The host school won the trophy and it was handed over to the runner up school HDFC as a gesture of benevolence. The event was a huge success and left a lasting effect on the audience.



EVENTS

Inter House Tug of War Competition

The Inter House Tug of War Competition was conducted for the students of grades I to V. The event brought together students from all four houses - Red, Blue, Green and Yellow, promoting unity and teamwork. 1st Semifinal match was contested between Red House and Green House, in which Red House was the winner. 2nd Semifinal match was contested between blue house and yellow house and the winning position was bagged by the Blue house. Final match held between Blue House and Green House in which Blue House was declared as the Champion, while Green House became the Runner-up. The competition involved students from all grades and houses, promoting inclusivity and engagement.

Teacher Engagement Activity

A friendly cricket session was organized for the teaching and non teaching staff at Ryan International Academy, Wagholi as part of the teacher engagement activity. The activity aimed at fostering professional growth, build camaraderie among staff, and develop a productive educational environment.

Founders Day Celebration

Founders Day of Ryan International Academy was celebrated on 28th August with great zeal and fervor. The students shared their birthday wishes for Chairman Sir, Dr. A. F. Pinto through videos. The staff shared their greetings through wishes and a card. Tree Plantation was done by the Student Council members and the class



ASSEMBLY

monitors to fulfil the vision of Chairman Sir about promoting environment and creating a Green Wall around the school. Chocolates were distributed to the students.

World Population Day

World Population Day is an annual event that is observed every year on 11th July. This day was established to raise awareness about the major issues that surround global population growth and the impact it carries on development and sustainability. The school assembly conducted on World Population Day featured an engaging skit that effectively highlighted the importance of population awareness. The skit portrayed scenarios illustrating the challenges and consequences of unchecked population growth, emphasizing sustainable practices. Through compelling dialogues and impactful performances by students, the assembly successfully conveyed the message of empowering communities with knowledge about population control.

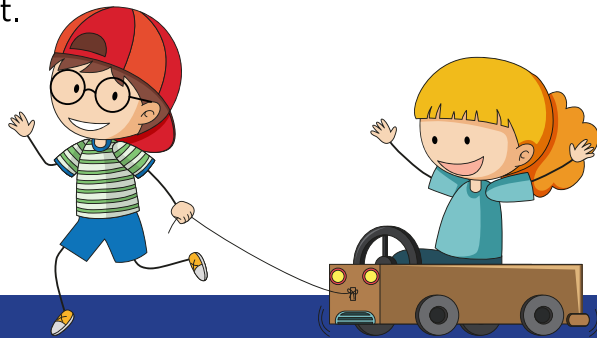
International Plastic Bag Free Day

On the occasion of 'International Plastic Bag Free Day', Ryan International Academy Wagholi, held a special assembly to create awareness among the students about the harmful effects of plastic bags and the importance of reducing their usage. The assembly began with the regular prayer, followed by a thought-provoking skit titled 'Guardians of the Green' performed by a group of talented students. The skit depicted the negative impact of plastic bags on the environment and the role that each individual can play in addressing this



ASSEMBLY

issue. Through the skit, the students highlighted the various ways in which plastic bags harm the ecosystem, from polluting the oceans and harming marine life to clogging drainage systems and causing flooding. The performance also emphasized the need to adopt eco-friendly alternatives, such as reusable cloth bags, and the importance of proper waste management.



Health, Safety and Child Protection (HSCP) Practices

Health Check-up

An annual health check-up for all the students from Mont I to Grade V was conducted at Ryan International Academy, Wagholi. This camp is a part of the school health program and includes Health Screening by medical experts for dental and general physical health. Such programs help create a safe and healthy learning environment and educate students about the importance of nutrition, physical activity, hygiene and overall well-being.





PARENT'S CORNER

Health Is Wealth

'Health is wealth' is a very famous saying which means that where there is health there is wealth. A healthy person has the power to achieve everything in life. Being healthy and fit just does not mean being physical fitness but it refers to a state of health, including emotional, mental and social stability. A healthy body contains key elements that are essential for the proper functioning of the body. A healthy body destroys all the negativity. It also makes the surrounding positive and happy. Wealth does not always signify money. Wealth means prosperity which is the happiness and satisfaction in one's life. Wealth can only be achieved by healthy body and mind. A healthy body and mind maintain the energy and enthusiasm to work.

A good health can be achieved in a number of ways, we should follow a proper time table that is breakfast, lunch and dinner should be taken in proper time. We should not skip them. We should drink an adequate amount of water in a day. We should sleep for at least 7-8 hours a day. Our diet should consist of fruits, green vegetables and dietary supplements. We should have a balanced diet having the right proportion of carbohydrates, proteins, vitamins and mineral.

True happiness only comes to a person with a healthy mind and body. Health is more important than money because good health is real wealth. Good health is the greatest blessings.

**- Mr. Shrikant Shingade,
Parent of Radha Shingade, Grade I 'B'**

Upcoming Events

- Half Yearly Examination

