



From the Principal's Desk



How Emotional Intelligence Makes You Successful

"It is not enough to be smart and hardworking. To have the added edge for success, students must also be able to understand and manage emotions."

- Carolyn MacCann, Yixin Jiang and Luke E. R. Brown

Emotional Intelligence is the ability to identify, evaluate, manage, and express emotions effectively and positively. This concept teaches the power of understanding and managing emotions. It involves skill sets that enable people to use their emotional awareness to make decisions, communicate better, reduce anxiety, resolve conflict, and improve relationships. Childhood is a crucial period when humans grow rapidly – physically and emotionally. Emotions make us human. It's the moral responsibility of teachers to inculcate emotional intelligence in students, as it helps them develop social and emotional skills. By using social-emotional skills, students learn to understand who they are, what they feel, and what to expect when interacting with others. It benefits students by developing a growth mind set and self-confidence and makes them more optimistic. They start taking charge of their mistakes and learn proactively. Students with low emotional intelligence typically avoid dealing with challenges, use unstructured strategies, ignore emotional signals, and usually feel overwhelmed. Those who have high emotional intelligence consider the pros and cons before taking action. They learn from past experiences and apply those learnings in problem-solving. Such students are less likely to give up due to problems and are more consistent with their efforts. Students with low emotional intelligence typically avoid dealing with challenges, use unstructured strategies, ignore emotional signals, and usually feel overwhelmed. Those who have high emotional intelligence consider the pros and cons before taking action. They learn from past experiences and apply those learnings in problem-solving. Such students are less likely to give up due to problems and are more consistent with their efforts. If emotional intelligence is left unaddressed, stress persists in a student's academic and personal life. A student who can manage their emotions well is one that will not allow stress to rule their academic life. Uncontrolled stress is often associated with physical and mental disorders. Effective coping strategies such as meditation, sports, good nutrition, relaxation, humour, and fun-filled activities help reduce the effects of stress.

"If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far."

- Daniel Goleman

- Ms. Sripurna Sarma,
Principal, RIA Sarjapur



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**EVENTS AND ACTIVITIES
AT SCHOOL**

EVENTS

Community service

"The best way to find yourself is to love yourself in the service of others"

"Service to others is the rent you pay for the room here on earth"

At Ryan International Academy, Sarjapur, students are engaged in Community Service endeavours to inculcate empathy and understand the importance of giving.

On 28th July 2023 all the students of grade VI visited Govt school in Kodathi Gate. The students got an opportunity to meet and interact with the children at the govt school.

This opportunity made our students to understand Social work is a diverse field and students are encouraged to learn new skills such as volunteering, networking, and communication.

Students donated books, pencils, pen crayons, sketch pens, erasers, sharpeners, scales etc, to the students of government school.

ELEP Highest Tokens for the Month Award

The ELEP Highest Token for the Month of July was awarded to grade IV. ELEP is the English Language Enrichment Program that aims at building English language skills in speaking and writing. This award is the class wherein the students have received the highest number of ELEP tokens. ELEP tokens are awarded for the usage of new vocabulary introduced to students each day in the form of "Word of the Day". The students of grade IV were felicitated by the Principal, Ms. Sripurna Sarma, along with the class teacher during the assembly.



EVENTS

Reader of the Month Award

At Ryan International Academy, as a part of our library program, we have introduced an award for the "Reader of the Month". This award is given to the students who have read the most number of books in one month. When a student completes a book, he/she is given a post-reading activity. Finally, at the end of the month, the student who has read the most number of books is awarded a rolling trophy for "Reader of the Month" award. This award has been introduced to encourage students to read more books which will in turn help them increase their vocabulary and knowledge. The Reader of the Month award for the month of July was awarded to Mihika Garg and Yana Sharma of grade V 'A'.



Muharram Special Assembly

Shahyan Abbas of grade V 'A' presented the significance of celebrating Muharram during the assembly. He shared about the sacrifice of Prophet Muhammad's grandson and his family. Imam Hussain, the grandson of Prophet Muhammad was brave and sacrificed for justice. In the Battle of Karbala during Muharram, he fought against injustice but tragically lost his life. The important lessons that they teach us are:

- Stand against unfairness and tyranny
- Always choose truth and do what's right
- Show kindness, unite, and care for others
- Be humble and selfless in helping people

"Let's groom the groomers!" Micro teaching Session for educators

We at Ryan International Academy, Sarjapur believe that "Invest in our teachers, our children will succeed." With this aim, we heartily welcomed



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all the educators for an interactive Micro Teaching Session at the premise.

Micro teaching is the practice of teaching to other teachers in order to get feedback and assessment on the tools, strategies and techniques used in a lesson. It was invented in 1963 at Stanford University by Dwight W. Allen, and has subsequently been used to develop educators in all forms of education.

In this session, teachers presented a demo of their class for the upcoming concepts accompanied by relevant TLM (Teaching Learning Materials) and provided a glimpse of their teaching techniques inside the classroom. This helps teachers to not only strengthen their skills but also their teaching methods. They also get a chance to modify and improve their classroom behavior in the desired direction. These sessions broaden up the possibilities of teaching techniques and learn from each other. Teachers also support and give each other constructive feedback and ideas of what they could do better. At RIAS, we have such insightful sessions frequently to ensure that we are doing our best for our students.

"The most valuable resource that all teachers have is each other. Without collaboration our growth is limited to our own perspectives."

Field trip to the Supermarket

Field trips enhance learning by giving students a real life experience of the concepts learnt in the classroom. It creates a connection between the classroom and the outside world. Our budding grade I had an experience of the real world during their field trip to the supermarket, Multy Mart. Children visit the supermarket with their parents several times, however, this field trip gave them a different experience during the visit to the supermarket. The students understood the number of materials kept in terms of stationery, snacks items, household utensils, etc. The supermarket manager explained to them the order



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and reason behind the things being arranged for display.

Students also learnt about the different types of food items and groceries available in the supermarket and from the places where they are sourced. They understood the process of billing and the importance of adding numbers while billing. The students thoroughly enjoyed the field trip with their friends and teachers.

Field trip to Nursery

'Earth is called the green planet due to the presence of plants on it.'

In order to instill the value of plants, Ryan International Academy Sarjapur organized a field trip to the Plant Nursery for the grade II students.

The students were taken to a Nursery where they were shown different types of plants and explained the various parts of the plants and their uses. They also learnt about various medicinal plants such as aloe vera, tulsi, etc. The students also had a real life understanding of the classification of plants into herbs, shrubs and trees. They could touch and feel the differences between kinds of plants like creepers and climbers.

The children had a wonderful learning experience. The teachers explained to the students about the importance of trees and the need to protect and conserve them. The field trip was an informative and enjoyable experience for the students and teachers.

Interschool Football and Badminton Tournament

Ryan International Academy, Sarjapur, hosted an inter school football and badminton tournament on 23rd & 24th August in the school ground. Students from 16 schools participated in the tournament. There were 16 badminton teams and 40 football teams. A total of 480 participants were involved in the competitions. It was indeed a day filled with fervor and excitement experienced amidst thrills, shrills and cheers.



EVENTS

Founder's Day

This day is an opportunity to praise all his hard work put in to create such wonderful schools across India.

Dr. Pinto is a shining example of what an ambitious man with sky high dreams can achieve in his life.

We at Ryan International Academy Sarjapur celebrated Founders day with great enthusiasm. An atmosphere of celebration filled our school when our entire staff and students gathered to celebrate. All mont students enthusiastically participated in the Birthday cap making competition and sang with toy band beats.

The teachers discussed with students about Pinto sir's hard work Which helped us to shape who we are and ended the celebration by explaining to the students that "Today sir is leading the Ryan academy, Tomorrow Ryanites have to lead the World".



ACTIVITIES

National Handloom Day

"The handloom sector is a symbol of our country's rich and varied cultural heritage, and is an important source of livelihood in rural and semi-rural parts of our country."

National Handloom Day is celebrated on 7th August every year. Handloom weaving is an age-old tradition in India. Our culture has been practicing it for ages, even before the introduction of textile mills. The weaver community (Julahas) produced fabrics using natural dyes from plants, flowers, or fruits. It is also a sector that directly addresses women's empowerment with over 85% of all weavers and allied workers.

At Ryan International Academy Sarjapur, today we celebrated National Handloom 2023 to emphasize

ACTIVITIES

the significance of traditional handwoven fabrics. A special assembly was conducted and mont III 'B' children did a fashion ramp walk in their traditional attire. Overall, it's a beautiful day highlighting the rich heritage of handloom and its significance in Indian economic history.

"When human hands and heart work in tandem, that is grace in the making. Handwoven cloth has beauty and grace that is significant- Sadhguru".

World Water Week

The World Water Week is a global event that aims to develop solutions for the international water crisis. Water is one of the most essential gifts of nature that we require in our daily lives. From drinking to cleaning, water serves multiple purposes in our lives. Hence, it becomes equally important for us to conserve it.

At Ryan International Academy, Sarjapur, competitions were conducted to raise awareness and indulge the creative minds of our students to find ways to do their part in solving the water crisis. The students from grades I to V made posters on ways in which water can be conserved at school. The students of grade VI made posters highlighting the innovative ways in which water can be conserved across the globe.

Painting Clay Lamps for Community Service Fundraiser

"Nothing can dim the light that shines from within." With this thought in our heart and mind, the students from grades III to VI hand painted clay lamps using their own creative minds, mixing colors and creating designs. At Ryan International Academy, Sarjapur, students are involved in various community service activities to instill the quality of empathy and joy of giving in them. As a part of this initiative, students' creative artwork was put on sale during the PTM on 26th August to raise funds for our future community service initiatives by the students of grade VI as a part of entrepreneurship activity.



ACADEMIC ACTIVITIES

Math Lab Activity

Math is a fundamental tool used to describe the world around us. Hence at RIAS we enable learning math using hands-on activities in our Math Lab. To enable the students of grade II to understand the concept of subtraction of two 2-digit numbers, students were involved in an activity using cards. Subtraction using regrouping was made simple for students to understand through this activity.



To identify different types of plants

Different researches have revealed that children growing up feeling closer to nature are said to be happier and more environment-conscious than those that are not. Our students are our future. Hence, having a feel of nature as a part of their learning at school will help them to get close to nature. At RIAS, we are proud to have lush green trees and plants. Students of grade II were taken on a nature walk in the school campus to identify different types of plants and their features. Students observed and identified different types of plants like herbs, shrubs, trees, etc based on their features. After the nature walk, students drew pictures of herbs, shrubs and trees that they observed and coloured them.



Passion Building

Activity: "Arrange your wardrobe"

"Make your wardrobe as versatile as an actress. It should be able to play many roles."

Our wardrobe reflects our inner self. Hence, maintaining our wardrobes neatly is a very important life skill which is essential to be developed at a very young age.

At RIAS, the students of the Home Science Club, learnt different methods to fold their clothes and also arrange it in the cupboard neatly. Students were made to understand the importance of this discipline in life and had fun helping each other do their best.



ACADEMIC ACTIVITIES

Environmental Club

Paper bags are gaining importance as these bags are reusable, recyclable and biodegradable and at the same time environment friendly and pose less threat to wildlife. With this objective in mind, our eco club members of Ryan International Academy made paper bags by reusing old newspapers as a part of Eco club activity.

As per description the students used old newspapers, magazine pages, etc. into attractive bags of all shapes and sizes.

Natural strings made out of jute. Through this activity learners spread awareness on the importance of plastic ban.

Revival of Lost Arts

Warli art, originating from the Warli tribe in India, is a captivating folk art style. It revolves around basic geometric shapes like circles, triangles, and squares, and features scenes of daily life, nature, and rituals. Students learning the basics of Warli art explore its minimalistic yet expressive techniques. Through simple lines and patterns, they connect with the tribal culture, gaining an understanding of its rich heritage. This artistic journey encourages creativity and an appreciation for indigenous art forms.



COMPETITIONS

Friendship Day Celebration

"Friendship is the only cement that will ever hold the world together."

— Woodrow T. Wilson

Friendship is truly a bond which is abided by all wholeheartedly although there are no formal commitments made. It is a relationship which requires earnest celebration. To make this day memorable for all the Ryanites at RIAS, we had the students of grade VI present a Friendship song and dance during the assembly. The students enthusiastically spread the meaning of friendship with a simple song and actions and motivated all the students to participate in the song as well.

Students were also involved in interesting competitions such as making friendship cards for their friends and sharing it in the class.

Independence Day Competition

Every year on 15th August, India celebrates Independence Day. India was under the British for two centuries before it got freedom and became an independent country. Hence it is the time to celebrate the 77th Independence Day heartily on 15th August 2023 to remember our freedom.

At Ryan International Academy, Sarjapur, students were involved in various competitions to invoke the essence of the importance of celebrating the 77th Independence Day as given below:

Grade I: Participated in an inter-class patriotic song competition.

Grade II: Show and Tell about National Heroes

Grade III: Making a poster and writing a slogan on the topic "My Wish for My Motherland"

Grade IV and V: Mono Act Competition on the topic "The Leader I Admire"

Grade VI: Speech Competition to spread a message about "Our Brave Soldiers, Freedom Fighters, Great Leaders"



CELEBRATIONS

Independence Day Celebration

Today we celebrated one of the most important events in our country's history - the 77th Independence Day. This day marks when our nation broke free from the shackles of British rule and gained the freedom to govern ourselves. Our forefathers made great sacrifices for freedom, and it is a day to honour their sacrifices.

To commemorate this day, at Ryan International Academy, the celebration began with the 'Guard of Honour' where our chief guest for the day, Mr. S. Joseph Xavier, was honoured by a slow march by our school parliament members which was followed by flag hoisting and singing of our national anthem giving a tribute to our motherland. The students of grade V & VI conducted the March Past to honour our country by saluting our national flag which created a patriotic ambience on the premises. This was followed by a program which began with a plantation ceremony, wherein the guest planted a tree sapling.

To further bring in the spirit of patriotism, we had several performances from students of mont I to grade VI, like role play, speech, skit, dance and patriotic songs.

The students of grades III to VI were also involved in house-wise football and badminton tournaments and were cheered by all the other students and parents. The tournament brought in the sportive spirit into the day's celebration and ended with everyone getting an opportunity to learn about India's efforts to foster patriotism and discipline in all Indians.



STUDENT'S CORNER

Water conservation- Protecting our precious resource

Water conservation is the practice of using water efficiently to reduce unnecessary water usage. According to Fresh Water Watch, water conservation is important because fresh clean water is a limited resource, as well as a costly one. As a homeowner, you're probably already well aware of the financial costs of inefficient water use. Conservation of this natural resource is critical for the environment — and our wallets.

Water is essential for all life on earth. It is widely used for various purposes such as washing, bathing, cleaning, cooking, drinking, and other industrial and domestic uses. Hence, water is a very important resource. It means that we need to take care and conserve it for our future generations and use it wisely, it is called water conservation. As the slogan suggests:

“Save water and save life.”

If we save water we are saving the life of not only humans but also the other animals on the earth. Water is a colourless and odourless substance that is essential for the survival of living beings. There are various sources of water such as wells, rivers, ponds, lakes, oceans, big dams, and streams. As we all know, nearly 70 to 80 percent of the Earth's surface is covered by water, among which only 1-2 percent water is pure and suitable for human use.

Conserving water helps us by supplying more water for longer usage. It has become necessary in all areas because these natural resources are reducing along with the increasing population and their usages.

There are several ways to conserve water. Here are some important and easy ways for the conservation of water

- Keeping the tap closed when not in use.
- Check for the openings or leaks in water distribution pipes.
- Make sure to use collected rainwater for gardening or washing purposes.
- Always have a measure of how many buckets of water is wasted in a day and try to reduce.
- Do not run more water than necessary while washing and cleaning clothes, utensils, etc.
- Do not prolong your bathing. Go for a quick shower rather than wasting buckets of water
- Rainwater harvesting is one of the best method used for conserving water

At Ryan International Academy world water conservation week was celebrated and we the Ryanites enthusiastically participated in the activities and competitions. Grade V students also presented a Nukkad Natak for spreading awareness of water conservation.

**- Manasvi C. H,
Grade V 'A'**





Nurturing Lifelong Learning The key to Educational Success

We must focus on our personal and societal growth. Education plays a vital role for our growth and school nurtures and fosters a culture of lifelong learning that enables individuals to move forward in our life. A few key points that we should follow to be a successful person -

1. Lifelong learning Transformation

Education is not limited to a classroom or a certain age. It is a Lifelong learning which take us through the journey of acquiring knowledge. Learners' mindset that encourages continuous exploration, curiosity and adaptation to the demands of the world.

2. Speed of technology in education

For the past few years, technology has modernised the way we learn. Online courses, interactive platforms and virtual reality experiences have made education open to a global audience.

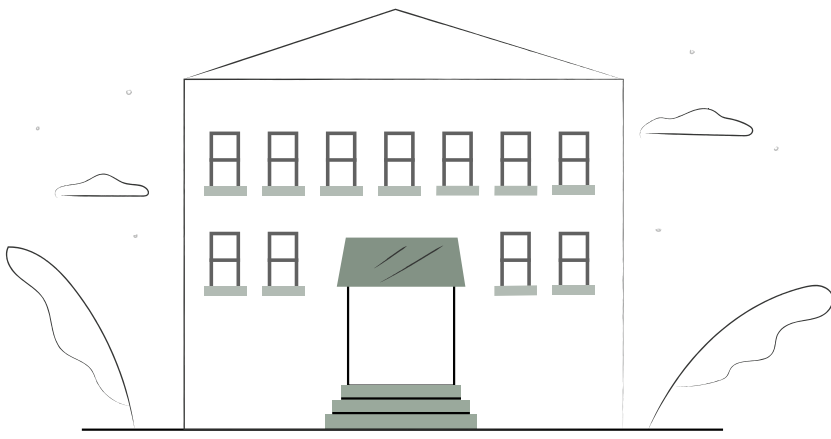
3. Soft skills in Modern education

It is very important for every student to get adequate skills beyond academic or technical knowledge. Soft skills are also known as power skills or core skills. They are critical thinking, creativity, problem solving, public speaking. Communication and collaboration are essential for success in today's interconnected world. Soft skills describe how we behave in society. On these skills that enable someone to interact effectively and they can be integrated into the curriculum.

It is essential that today's skill shift accelerates the organization's improvement and development.



- Ms. Mary M Abraham,
PRT - Teacher



PARENT'S CORNER

The Enduring Impact of Teachers on Students' Lives: Shaping Futures Inside the Classroom – Gratitude to all Teachers

In my life's experience, I have observed that the journey of education is not merely a transfer of knowledge; it's a transformative experience that leaves an indelible mark on students' lives. At the heart of this transformation stands a group of unsung heroes: teachers. Beyond the confines of textbooks and classrooms, teachers play a pivotal role in shaping students' character, values, and aspirations. Their influence extends far beyond the curriculum, leaving a lasting impact that molds the future of young minds.

A Guiding Light in Formative Years

Teachers are more than just conveyors of academic information; they serve as mentors, role models, and guides during the formative years of a student's life. The influence they wield goes beyond the syllabus, encompassing life lessons, moral values, and social skills. In classrooms, they instill a sense of curiosity, critical thinking, and a hunger for learning that extends beyond the walls of the school.

Fostering Confidence and Self-Esteem

Teachers have the power to empower their students. By recognizing and nurturing individual strengths, they boost self-confidence and self-esteem. A simple word of encouragement or belief in a student's potential can ignite a fire that propels them to overcome challenges and reach heights they might not have believed possible. These gestures of support can reverberate throughout a student's life, impacting their career choices, relationships, and personal growth.

Molding Values and Ethical Frameworks

Education is not solely about acquiring knowledge; it's about cultivating values that contribute to responsible citizenship. Teachers are instrumental in imparting these values, fostering empathy, respect, and a sense of social responsibility. They help students develop a strong ethical framework that guides their decisions and actions in both personal and professional spheres.

Inspiring Lifelong Learning

The best teachers inspire a love for learning that extends far beyond the classroom. By nurturing curiosity and a



PARENT'S CORNER

thirst for knowledge, they lay the foundation for a lifelong pursuit of learning. These educators instill the belief that learning doesn't stop at graduation; it's a continuous journey that enriches one's life and contributes to personal growth.

Navigating Challenges and Building Resilience

Life is replete with challenges, and teachers often find themselves in a unique position to prepare students for the ups and downs that lie ahead. Through constructive feedback, problem-solving exercises, and a nurturing environment, they equip students with the tools to navigate adversity and build resilience. These skills are vital for success in an ever-changing world.

The Ripple Effect: Teachers' Impact on Society

The impact of exceptional teachers extends beyond the individual student—they shape the trajectory of society as a whole. Students influenced by passionate and dedicated educators often grow up to be responsible citizens, community leaders, and advocates for positive change. The collective influence of these students creates a ripple effect that contributes to a more informed, empathetic, and progressive society.

I conclude this article by saying that “Teachers are architects of our young and raw dreams, sculptors of our character, and navigators of potential. Their influence transcends academic achievement and resonates throughout every facet of a student's life. As we celebrate the enduring impact of teachers on students' lives, let us recognize and honor their dedication, passion, and unwavering commitment to shaping the future. In classrooms around the world, these educators continue to light the path to knowledge, growth, and empowerment, leaving an indelible mark on generations to come.”

Thank you so much Ms. Sripurna Sarma, the Principal of Ryan International Academy for giving me the opportunity to write the article.

- Ms. Yogita Chaudhary,
Parent of Mukund Yogesh Naik - V 'A'

Upcoming Events

- Tirangaa Interschool Competition
- Teacher's Day

