



From the Principal's Desk

An affirmation opens the door. It's a beginning point on the path to change.

Positive affirmations are statements that you repeat to yourself to change your mindset and improve your mental health. They are based on the principle that your thoughts create your reality. By changing your thoughts, you can change your feelings, actions, and outcomes.

Positive affirmations can help -

- Boost your self-esteem and confidence
- Reduce stress and anxiety
- Overcome negative beliefs and habits
- Achieve your goals and dreams
- Attract more abundance and joy into your life

But how do positive affirmations work? And how can you use them effectively at school?

Positive affirmations are not just wishful thinking or magical words. They are backed by scientific research that shows how they can influence your brain and behavior.

One of the main benefits of positive affirmations for the students is that they can reduce the activity of the amygdala, the part of the brain responsible for fear and stress responses. By calming down this part of the brain, you can lower your cortisol levels (the stress hormone) and increase your serotonin levels (the happiness hormone).

Another benefit of positive affirmations is that they can increase the activity of the prefrontal cortex, the part of the brain responsible for executive functions such as planning, decision-making, problem-solving, and self-regulation. By stimulating this part of the brain, you can enhance your cognitive abilities and improve your performance. This is very important for students to understand and act accordingly.

Positive affirmations can also change your neural pathways, which are the connections between different parts of your brain. By repeating positive affirmations regularly, you can strengthen the neural pathways that support positive thinking and weaken the ones that support negative thinking. This can help you create new habits and behaviors that align with your desired outcomes.

Finally, positive affirmations can also affect your subconscious mind, which is part of your mind that stores your memories, beliefs, emotions, and impulses. By using positive affirmations that resonate with your subconscious mind, you can reprogram it to support your conscious goals and intentions. This can help you overcome limiting beliefs and fears that may be holding you back from achieving your full potential. So don't wait any longer and start practicing your affirmations today!

- Ms. Sonika Kochhar Girotra,
Principal, RIAH

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Ms. Sankalita Majumder, Teacher

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Ms. Archana Tiwari, Event Coordinator & Examination Head



Quote of the month

"Believe in the power of your affirmations and you will witness the power of transformation in your life."

This quote emphasizes the importance of having faith in the effectiveness of positive affirmations. When you truly believe in the potential of affirmations to shape your mindset and behaviour, you are more likely to experience significant transformations in your life.

Coordinator Speak



The power of Positive Affirmation in Nurturing Relationships

In the vast realm of human connection, there's a special kind of magic that resonates through positive affirmations. These aren't just mere words. They are the lifelines that breathe vibrancy, trust, and warmth into our cherished relationships with both friends and family.

At the core of every individual's spirit is their sense of self-worth. This crucial foundation is often influenced by the words we hear and the affirmations we receive. A simple, heartfelt "You are amazing" or "I believe in you" can illuminate a person's entire day, serving as a poignant reminder of their unparalleled value in our lives.

Relationships, just like any living entity, require nourishment. Among the key ingredients for this sustenance is effective, open communication. Affirmations play a monumental role here. By taking the time to genuinely say, "I am here to listen," we extend an invitation for authentic, meaningful dialogues. Such conversations bridge gaps, heal wounds, and strengthen ties, making our bonds unbreakable.

Trust, often referred to as the bedrock of relationships, is nurtured through the assurances we provide. A confident "I trust your judgment" or "I know you have my back" can cement feelings of dependability and reliability. Expressions of gratitude, even for the smallest gestures, evoke profound feelings of appreciation, reinforcing the idea that every action, no matter how minute, is acknowledged and valued.

To encapsulate, positive affirmations are the enchanting spells that metamorphose our relationships. By intertwining these affirmations into our daily exchanges, we not only maintain but also elevate the quality of our connections, ensuring they remain vibrant, nurturing, and everlasting.

**- Ms. Kirti Ranjan,
Academic Coordinator – RIAH**

Activities

Friendship Day

On 4th August, 2023, RIAH celebrated Friendship Day with the students coming together to emphasize the value of friendship that transcend boundaries. The students of grades I and II, engaged in a colourful art project where they traced and painted their friends' names. The tiny hands formed a vibrant symbol of diverse unity, showcasing the inclusivity of friendship.

In grades III - V, the students expressed their thoughts on friendship through heartfelt words. They wrote on heart-shaped cutouts, using adjectives and qualities that represented their understanding of friendship, illustrating the depth of their bonds with their peers.

The students of grades VI and VII participated in the "Friendship Cloud" activity, passing cloud-shaped cards to friends who wrote down qualities that they admired. The Friendship Day celebration at RIAH fostered creativity, self-expression, and a sense of connection among students. It accentuated the importance of friendship and offered valuable lessons in empathy, understanding, and positive relationships. The event depicted the enduring power of friendship, uniting and inspiring a brighter and more harmonious world.

Coffee with Senior Citizens

On 21st August, 2023, RIAH organized "Coffee with Senior Citizens," an event that united students from grades I - VII in acts of empathy and community engagement. They crafted heartfelt gestures, including handmade cards, small presents, and thoughtful notes, to share with elderly residents at a nearby old age home. These tokens bridged the gap between youthful creativity and the wisdom of the elderly, spreading warmth and creating lasting memories. "Coffee with Senior Citizens" is a touching reminder of the power of human connection and the impact of small acts of kindness, highlighting the importance of community, empathy, and the enduring value of connecting generations.



Activities

World Water Week

On 23rd August, 2023 RIAH immersed itself in the spirit of environmental responsibility as it celebrated World Water Week. This event had a dual focus: educating students about the importance of water conservation and inspiring creative and critical thinking about sustainable practices, both locally and globally.

In the grades I-V segment, the spotlight was on an exciting poster-making competition. Young artists showcased their talents while emphasizing water conservation within the school premises. Their vibrant and imaginative designs illustrated essential water saving practices such as turning off taps tightly, fixing leaky faucets, and using water responsibly on the playground. This competition served as a platform to instill early lessons about water conservation and create a sense of responsibility for preserving this precious resource. For the students of grade VI and VII, the poster-making competition took a global perspective. The students harnessed their creativity to highlight innovative approaches to water conservation worldwide. Their posters featured water-saving techniques, technologies, and initiatives addressing water scarcity. Through captivating visuals and insightful captions, students demonstrated their understanding of the urgency and diversity of global water conservation efforts. This competition encouraged students to think critically about global water challenges and the role they can play as responsible global citizens.

Founder's Day

On 28th August, 2023, RIAH celebrated Founder's Day in honour of our beloved Chairman Sir's birthday. This extraordinary event showcased exceptional talent, creativity, and dedication, leaving an indelible mark on our hearts.

The students of grade I used their imaginative flair to create exceptional birthday cards for Chairman Sir, uniquely incorporating pencil shavings as a medium. These young minds transformed pencil



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shavings into vibrant works of art, brimming with heartfelt wishes.

The students of grade II embarked on a creative journey by crafting birthday bookmarks capturing Chairman Sir's visionary goals. Each bookmark symbolized a different aspect of his vision, accompanied by heartfelt birthday messages, serving as a reminder of the wisdom and guidance imparted by Chairman Sir.

In grades III to V, the students took on the role of budding journalists, preparing newsletters that illuminated the implementation of Chairman Sir's 12-point vision. These newsletters eloquently highlighted key vision points and provided a comprehensive overview of the activities undertaken to bring those visions to life.

Finally, the students of grades VI and VII participated in an English calligraphy writing competition, tasked with encapsulating "The Essence of Being a Ryanite" in beautifully scripted words. The event concluded with captivating synopses that summarized the depth and spirit of the competition. Founder's Day at RIAH was a celebration of vision, creativity, and the enduring legacy of Chairman Sir.

National Sports Day

On 29th August, RIAH celebrated National Sports Day, a significant occasion in India that honours the birth anniversary of the legendary hockey player, Major Dhyhan Chand.

Major Dhyhan Chand Singh's remarkable achievements, including winning gold medals in the Olympics for India in 1928, 1932, and 1936, continue to inspire generations of athletes. On this special day, we pay tribute to his enduring legacy and his invaluable contribution to Indian sports.

To mark the occasion, RIAH organized an exhilarating Inter-House Competition Heats across different grade levels. The competitive spirit was palpable as grade I and II engaged in Futsal for boys and Skating for girls. In grade III and IV, the students showcased their skills in Futsal for girls and



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Basketball for boys. Meanwhile, the students of grade V to VII demonstrated their prowess in Swimming for boys and Cricket for girls.

National Sports Day at RIAH not only celebrates athleticism but also instills values of sportsmanship, teamwork, and dedication in our students.



Community Service

The community service project for the month of August was organised to commemorate World Senior Citizen Day and promote intergenerational bonding while emphasizing the importance of giving back to the elderly. The project aimed to engage children in a donation drive and distribute essential items to an old age home. Over a span of 10 days, the students and their families were encouraged to contribute essential items such as non-perishable food, personal care products, clothing, and recreational items. On 21st August, young Ryanites visited Perna Bhavan along with the collected donations. The students presented praise and worship songs and handed over the takeaways which they made for the senior citizens. The community service successfully achieved its objectives of raising awareness about the importance of respecting and caring for senior citizens, fostering empathy in children, and providing support to the elderly residents of the old age home. The project not only brightened the lives of the senior citizens but also left a lasting impact on the participating children, encouraging them to continue engaging in acts of kindness and community service.



Independence Day

Independence Day at Ryan International Academy Hinjawadi (RIAH) was a jubilant affair, filled with a strong sense of unity and unwavering patriotism. The day began with the ceremonial hoisting of the national flag, setting the stage for a day filled with inspiring events.

The highlight of the celebrations was a cultural



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program that left everyone deeply moved. Enthusiastic children sang heartwarming patriotic songs, and a captivating role play shed light on the remarkable life of Captain Batra, a true hero of our nation. The event also featured an impactful speech and a thought-provoking drama play titled "Perspective."

Adding to the grandeur of the occasion, RIAH had the privilege of hosting esteemed guests, including Mr. Balaji Sanap, a dedicated police inspector, Dr. Neeta Parate, the respected Principal of Next Gen Gurukul Preschool, and Dheeraj Jadhav, an accomplished opening batsman and former Indian test player in the IPL. Their presence added a significant charm to the celebrations.

The air filled with a deep sense of national pride and togetherness. Participants and guests alike shared their admiration for the country and its heroes. This Independence Day at RIAH will be remembered as a true manifestation of unity, patriotism, and a heartfelt celebration of the spirit of freedom.



Special Assembly

Math Assembly

The Math Assembly at RIAH holds a special place in our school's heart, a showcase of our students' enthusiasm and talent for Mathematics through simple yet engaging tricks and presentations. This event unearths the hidden magic in Math, making it a vibrant and essential part of our school culture. Our grade IV students wowed the audience with mesmerizing math-related magic tricks, captivating fellow students and revealing the fun and intriguing aspects of Math. As we moved across grades, the Math Assembly got even more exciting. The students of grades V and VI explored the world of numbers, presenting concepts like prime numbers, even and odd numbers, and rational and irrational numbers. Grade VII students took a unique approach, presenting a skit that

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focused on multiplication, demonstrating its practical applications in daily life while entertaining and educating.

The Math Assembly not only celebrates mathematical achievements but also nurtures a love for the subject among our students. It reminds us that Math is not just about numbers and equations; it's a dynamic and exciting field that plays a vital role in our lives.



Class Activities

English

At Ryan International Academy Hinjawadi, a dynamic English language curriculum is nurturing students to go beyond the basics of grammar and vocabulary. The school's innovative approach emphasizes on fostering creativity, critical thinking, empathy, and broadening horizons. This holistic curriculum equips students with essential attributes for personal development and success in an interconnected, communication-driven world.

Throughout the month, students have actively participated in various engaging activities as part of their English language curriculum, including speaking and writing exercises, role-plays, and projects.

In grade I, the students embarked on a playful journey to understand the usage of articles 'a' and 'an.' Utilizing flashcards and intriguing objects, they not only grasped the concept but also enriched their vocabulary by learning about a variety of animals.

In grade II, students honed their writing skills through a Block Printing activity. They followed step-by-step instructions, using vegetable cuttings and sponge stamps to print on paper or cloth, enhancing their descriptive writing abilities.

The students of grade III exhibited their artistic flair



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by designing stars and describing them using five or more adjectives. This creative integration of lessons reinforced the use of descriptive adjectives while enhancing vocabulary and artistic skills.

The students of grade IV participated in an extempore competition, where they learned to analyze current issues, form viewpoints, and deliver speeches spontaneously.

In grade V, the students delved into the world of role-playing, bringing stories to life through their imaginative storytelling.

RIAH's English language curriculum exemplifies a commitment to holistic education, providing students with diverse array of experiences that go beyond textbooks and rote learning. It is an education that prepares them not only for academic success but also for thriving in a dynamic, interconnected world.

Innovation Lab

At Ryan International Academy Hinjawadi, we believe in nurturing young minds through engaging and innovative activities that inspire natural curiosity about the world. Our commitment to fostering creativity and cognitive processing is evident in the diverse range of STEM that students participated in daily.

From crafting paper circuit boards to constructing balloon-powered cars, these activities not only expand children's horizons but also make learning an exciting adventure.

Our grade I students delved into the world of circuitry through activities involving LED and fan circuits. They gain a foundational understanding of how circuits work and the significance of each component.

In grade II, our young learners created a life-size Foot Operated Sanitizer Dispenser, understanding its mechanism and the importance of touchless hygiene in today's world.



Class Activities

Our grade III students ventured into the realm of technology by working on a Mobile Projector model, gaining insights into the principles of light and projection.

In grade IV, the students explored the functionality of household machines, constructing models of vacuum cleaners, mixer grinders, and washing machines. This activity deepens their appreciation of these devices' role in daily life.

The students of grade V crafted a metallophone, learning about the properties of metals and their various applications.

In grade VI, the students engaged with Arduino-based digital clocks, mastering coding and project implementation.

Lastly, grade VII students created an Arduino-based weather station, allowing them to monitor humidity and temperature while aligning these readings with their specific requirements.

At RIAH, we are committed to providing a holistic education that not only imparts knowledge but also nurtures curiosity and a thirst for innovation. These STEM activities are just one way we encourage our young Ryanites to explore the boundless possibilities of the world around them.



Ikigai Centre of Learning

French Language

At RIAH, we believe in the power of language to connect and enrich our lives. Our students from various grades have been exploring the world of languages.

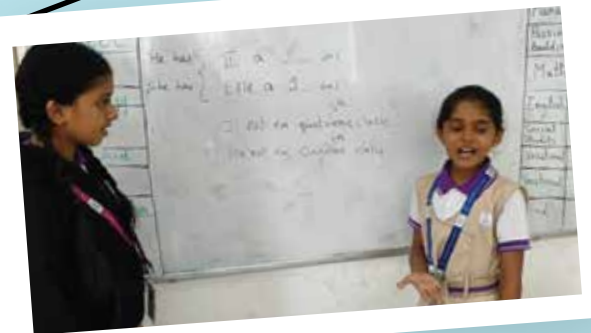
The students of grade I embarked on a delightful journey by singing a French greeting song "Bonjour." The goal was simple yet essential: to learn and apply French greetings with correct pronunciation. This activity not only built their confidence in speaking French words but also honed their understanding of the nuances of French pronunciation.

In grade IV, the students took their language skills to the next level by creating a dialogue using French expressions and pronouns. They transformed this into a small skit, performed in class. This immersive experience allowed them to apply appropriate pronouns, expressions, and vocabulary, and even introduce a person. The activity served as a reinforcement of their learning, motivating them to use their newfound knowledge actively.

The students of grade V applied descriptive words and related expressions to talk about notable Indian personalities. This exercise not only enhanced their speaking abilities but also encouraged them to create sentences and use them in conversations confidently.

Furthermore, we are proud to share the success story of Ms. Rubab Faruqui, a grade III student of RIAH, who delivered a welcome speech during our 15th August Independence Day celebration. This experience not only honed her presentation skills but also boosted her confidence and improved her speaking abilities significantly.

At RIAH, we believe in nurturing well-rounded individuals, and language skills play a crucial role in their development. These language activities not only enrich their linguistic abilities but also empower them to communicate effectively and confidently.



Health, Safety and Child Protection

Mock Fire Training drill

At RIAH, the safety of our students, teachers, and staff is paramount. To reinforce our commitment to preparedness and safety, we conducted a Mock Fire Training Drill on 18th August that involved the entire school community.

The objective of this drill was twofold: to provide students with practical experience in evacuating the building safely and to ensure that everyone understands the exit routes and assembly points in case of a fire emergency. The drill was a comprehensive exercise, involving all students, teachers, and staff.

Our preparations went beyond just the drill itself. We collaborated with the Fire Brigade, who not only supervised the exercise but also recorded the time taken for the evacuation process. This valuable data helps us continually improve our preparedness and response to such critical situations.

In addition to the drill, participants received vital information on how to handle fire emergencies, ensuring that they are well-equipped to respond effectively in real-life situations. Safety is a top priority at RIAH, and this Mock Fire Training Drill is just one of the many steps we take to ensure the well-being of our school community.

Awareness program on use of Suggestion Box

In a bid to foster open communication and address students' concerns effectively, during the assembly on 11th August, the Health Safety and Child Protection (HSCP) captain, Ms. Kuhu Kala, shared insights on this initiative, highlighting its significance.

The Suggestion Box, strategically placed near the washrooms, serves as a platform where students can anonymously voice their issues and concerns. This anonymity ensures that students feel comfortable sharing their feedback, knowing that their identity will remain confidential.

What makes this initiative even more impactful is that the feedback can encompass any aspect of school life. Whether it's related to classmates, teachers, or the administration team, every student's voice is heard and valued. This approach reinforces RIAH's commitment to creating an inclusive and supportive environment where students play an active role in shaping their school experience.

The steps taken in response to the feedback received will not only address immediate concerns but also contribute to the ongoing improvement of our school community. RIAH is dedicated to ensuring that every student's voice matters, and the Suggestion Box is a tangible step in that direction. We encourage our students to use this platform to make their voices heard and help us make our school an even better place for learning and growth.





ENGLISH LANGUAGE ENRICHMENT PROGRAMME

At RIAH, we believe in the power of language to connect us with our emotions and surroundings. In August, our English Language Enrichment Program (ELEP) we delved into the concept of "Home" across various grade levels, allowing our students to explore their thoughts and feelings about this special place.

For our youngest learners in grades I and II, the program started with a simple yet insightful activity. The students were encouraged to close their eyes and think about their homes, sharing five words that came to mind. This exercise revealed the unique and personal connections each child had with their home. The students also learned the distinction between a "house" and a "home" – a house being a concrete structure and a home being where someone lives, a place dear to us all.

As we moved up the grades, the exploration deepened. The students of grades III-V engaged in activities like reading poems about home, discussing their dream homes, and reflecting on the differences between their homes and those depicted in pictures. These activities encouraged critical thinking and self-expression, allowing students to appreciate the significance of their homes.

For grade VI and VII students, the program encouraged more profound reflection. They explored quotes about home, shared their thoughts about what home means to them, and read poems that sparked discussions about the concept of home. The students also discussed safety measures in a new home, emphasizing the importance of comfort and security.

Throughout these activities, students not only enhanced their language skills but also developed a deeper understanding of the emotional and personal significance of home. At RIAH, ELEP is just one of the many ways students are encouraged to explore their thoughts, emotions, and the world around them through the power of language.



Parent Teacher Meet

On 26th August, Ryan International Academy Hinjawadi (RIAH) hosted a highly productive Parent-Teacher Meeting (PTM) for students from grade I - VII. The school thoughtfully allocated specific timeslots to parents, facilitating engaging discussions with teachers about the curriculum and individual student performance. Additionally, the holiday homework and various student activities were prominently displayed outside the respective classroom areas.

The parents utilized this platform not only to raise concerns and seek clarifications but also to convey their heartfelt appreciation for the dedicated efforts of the teachers. The PTM underscored the robust partnership between the school and the parents, emphasizing the importance of collaborative efforts in supporting each child's educational journey and holistic development.

Adding to the enriching experience, the PTM featured a display by students from the IKIGAI Centre of Learning. This presentation provided valuable insights into what the students have learned so far, further enhancing the overall understanding and engagement of parents.





PARENT'S CORNER

In a world where stress and self-doubt often take center stage, a growing number of people are turning to a simple yet powerful technique to reshape their mindset and achieve success: **Positive Affirmations**. These powerful statements, when practiced consistently, have the potential to shape thoughts, feelings, and actions in remarkable ways. Positive affirmations are not just wishful thinking; they are a scientifically backed strategy that can rewire the brain over time. By repeating affirmations that reflect desired outcomes, individuals can create new neural pathways, promoting a more optimistic and resilient outlook. This mental shift can lead to increased self-confidence, better focus, and an increase in overall well-being. Positive affirmations provide an active and accessible way to counteract negativity, boost confidence, and invite success into one's life. Positive affirmations provide a variety of benefits that contribute to personal growth, well-being, and success. Affirmations counteract self-doubt and negative thoughts by replacing them with positive and empowering statements, creating a more optimistic mindset. Combining positive affirmations with hard work, dedication, and a proactive attitude can create a powerful synergy that propels people toward desired results.

Positive affirmations also help in shaping the mindset of the children. When they are introduced to a nurturing and supportive environment, they can build a foundation for a positive self-concept, resilience, and a lifelong love for learning and personal growth. By empowering children to believe in themselves and their abilities, we pave the way for a brighter, more confident generation.

- Mr. Adhishwar Krishna,
Parent of Ms. Parinita Singh Grade VI 'A'

STUDENT'S CORNER

The artwork, created by Avni Wadhvani of grade VI, depicts the concept that positive thinking involves how you communicate with yourself and those around you. Positive affirmations, which are concise statements or phrases, serve as a means to counteract negative or harmful thoughts. By regularly practicing self-affirmations, you can enhance your self-esteem, motivate yourself to make positive changes, and inspire others to do the same.



Upcoming Events

- Teacher's Day – 5th September 2023
- National Nutrition Week – 6th September 2023
- World First Aid Day – 9th September 2023
- Hindi Diwas – 14th September 2023
- Honourable PM Narendra Modi's Birthday – 18th September 2023
- International Day of Peace – 21st September 2023
- World Tourism Day – 27th September 2023
- World Heart Day – 29th September 2023

