



# T. N. Rao School For Girls

School code: 10237

CBSE Affiliation No: 430257

## ‘ABHIVYAKTI’

November, 2022 Newsletter - 06



- Behind Saurashtra University,  
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*Respected Parents,*

*Effective parenting will lead towards the healthy development of the child. As proven that the early years of child's life are very important. Healthy parenting means having a safe and loving home and spending time with family, playing, singing, reading, and talking. Proper nutrition, exercise and sleep also can make big change. Apart from it, parents behaviour also plays a vital role. The parents are the first role model for every child. Always be the change that you want from your child because children learn more from observing than by listening. Moreover they love to imitate. There is nothing important for the development of a child's mind than spending quality family time. Children who get love, attention, care and respect from the parents generally have a memorable childhood and their personalities glow like nothing else. Children are the world's most valuable and the best hope for the future. Child's creativity and uniqueness should never be ignored.*

***‘NO CHILD IS USELESS BUT IT IS USED LESS.’***

***Mrs. Minal Baldania***  
***Section coordinator(Std-6&7)***

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- *Visit to Regional Science Center – Std. 5 to 7*
- *Visit to Shreeji Gaushala - Std.3*
- *Visit to Andh Mahila Vikas Gruh - Std. 4*
- *Visit to Prem mandir - Std. 1*
- *Visit to Mani mandir - Std. 2*

## ➤ **Financial Literacy Training for Teachers**

## ➤ **Rashtriya Bal Swasthya Karyakram (RBSK)**

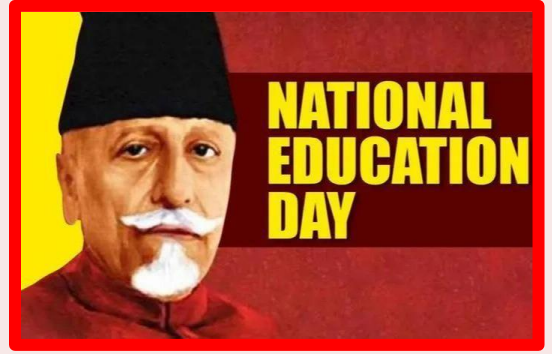
## ➤ **Har Ghar Dhyan Celebration**

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# **National Education Day**

National Education Day in India is observed on November 11 every year to commemorate the birth anniversary of Maulana Abdul Kalam Azad, the first minister of education of independent India. While the central theme of the day is 'education', the Ministry of Education sets a different focus area every year. For National Education Day 2022, the theme is "Changing the course and transforming education". TNRSG students of Std.7 shared the information of importance of this day in assembly.



## **Children's Day Celebration**

**"Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of our nation and the citizens of tomorrow."**

**- Pt. Jawaharlal Nehru**

A day marking childhood, and to make this event a memorable for our little ones, TNRSG celebrated Children's Day on 14 November 2022 in the school premises. The day focused on children and their enjoyment. Students dressed up in funny hairstyle. The school Principal, Mrs. Sangeeta Bhumbharia addressed the children and shared a few words of wisdom. An introduction about Pandit Jawaharlal Nehru set off the proceedings followed by a power packed performance by the students of Std.6 which included Zumba dance and crazy game by the teacher. The celebrations came to an end with the distribution of chocolate in the classes as a small token of love and affection by the school.



# Edu-joy Trip

Field trips serve the purpose of both learning and recreation. The daughters of the Nursery, Jr. KG and Sr. KG went on an amusing field trip to Pradhyuman park on the 15<sup>th</sup> and 16<sup>th</sup> of November 2022 to understand the nomenclature of animals and picture discussion.

## Junior .K G



## Senior K G



## Nursery



# Edu-joy Trip

On 18th of November 2022 Students of class 6 and 7 of TNRSG were taken to Regional Science and Research center, Rajkot. The main objective of conducting a field trip for students was to reinforce experiential and contextual learning. All students visited the six theme - based galleries and explored the science behind this world and prepared a detailed report of this visit.



The students of class 3A-B-C of TNRSG visited Shreeji Gaushala on Wednesday, November 23, 2022, where a large number of cows are given shelter and taken good care. Teachers explained in detail how cows are fed and are taken care of. They also learnt the medicinal uses and benefits of cow dung and cow urine. They also learned how the injured and sick cows are taken care of.



# Edu-joy Trip

On 24th of November 2022 students of class 5A-B of TNRSG were taken to Regional Science and Research center, Rajkot. The main objective of conducting a field trip for students was to reinforce experiential and contextual learning. All students visited the six theme- based galleries and explored the science behind this world.



On 26th of November 2022 Students of Std. 4 A-B-C visited V.D. Parekh Andh Mahila Vikas Gruh. The objective of the visit was to make students understand the power of empathy, integration, empowerment to a special section of society who are special for living their lives beautifully with self-confidence, dignity and self-control. They realized that we are blessed and we can bless many others by giving love, support, empathy and empowerment.



# Edu-joy Trip

*“Worship is an inward feeling and outward action that reflects the worth of God.”*

On 28th November '22, students of class 1A-B went on a field trip to ‘Love Temple ‘ to understand the culture, architecture, traditions and beliefs associated with the temple.



On 29th November '22, students of class 2A-B went on a field trip to ‘Manidweep’ Temple ‘ to understand the culture, architecture, traditions and beliefs associated with the temple.



# *Financial Literacy Training*

**“A person either disciplines his finances or his finances disciplines him.”**

CBSE has taken an initiative to sensitize teachers across the country on the basics of *Financial Literacy* and the use of Digital Tools that are relevant in the current scenario. The session was conducted in offline mode by CoE-Ajmer. The programme was attended by the TNRSG facilitators along with the other facilitators of CBSE schools at DWPS Rajkot.

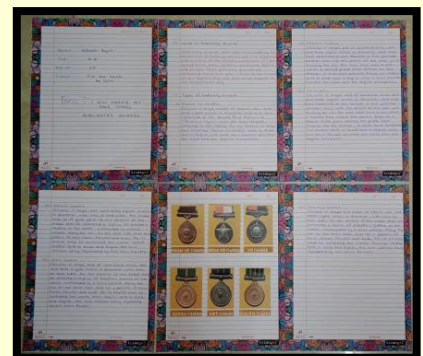
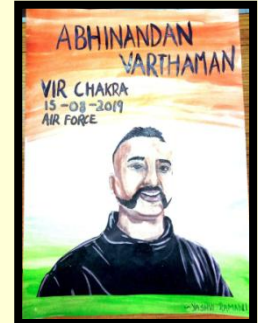
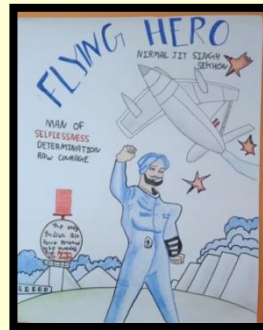
The session was headed by Mr. Nikhil Gajjar, a well qualified, experienced and certified financial planner.

The real-life experiences and anecdotes made the session interesting.



## *Project Veer Gatha*

In order to disseminate the details of acts of bravery and the life stories of brave-hearts among the students, TNRSG students prepared posters on gallantry award winners.



# **Rashtriya Bal Swasthya Karyakram (RBSK)**

As a part of Rashtriya Bal Swasthya Karyakram (RBSK) ,a health check up camp was conducted by Primary Health center at TNRSG . General examination and vitals were checked. Medications were prescribed wherever necessary. Students were referred if required by the Medical officer Dr Deepak Sagathia.



## **Har Ghar Dhyam Campaign**

‘Har Ghar Dhyam’ campaign was conducted by TNRSG for the students of Std.10, to emphasis the importance meditation and mental health for people.



## **The Ace Dancer**

**Perfection is not attainable, but if we chase perfection, we can catch excellence.**

On 27th November, 2022 Elisha Vadaliya of TNRSG zestfully participated in Dance Competition at Delhi. She set the floor on fire with her energetic Hip Pop dance performance which kept the audience enthralled.



# *Constitution Day Celebration*

National Constitution Day was celebrated at TNRSG on 26th November 2022 to commemorate the adoption of the Indian Constitution.

A special assembly under the guidance of Social Studies teacher was conducted. Towards the end of the session teachers along with the students took a pledge to reaffirm their commitment to uphold and protect the ideologies of the Constitution.

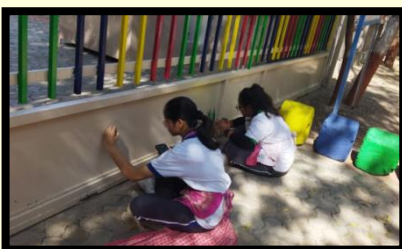


## *Mural Painting by Students*

### *'Art Unlocks Potential'*

At TNRSG we provide a creative environment as a complement to the integral education system at the school. Through creative arts we aspire to develop aesthetic sense in our students and give them a platform where they are able to express themselves freely.

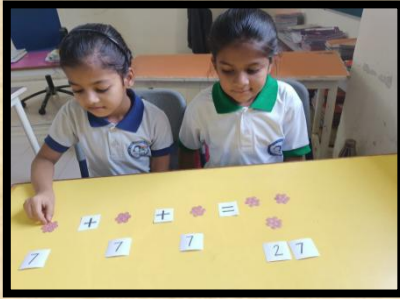
Below are the glimpses of students of Std. 8 to 10 painting murals on floor.



# **Subject Enrichment Activities**

## **Math Lab Activity Std.3**

Students of Std-3 Learn Multiplication with Regrouping method and repeated addition by using buttons and number chips.



## **Math Lab Activity Std.4**

Students of Class 4 understanding the concept of Division by grouping method.



## **Math Lab Activity Std.5**

Students of Class 4 understanding the concept of Equivalent Fractions.



# **Subject Enrichment Activities**

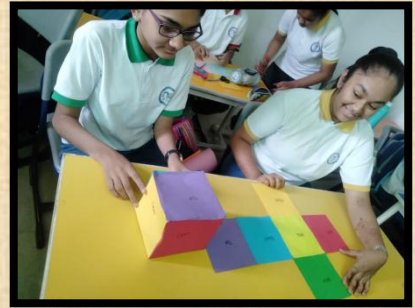
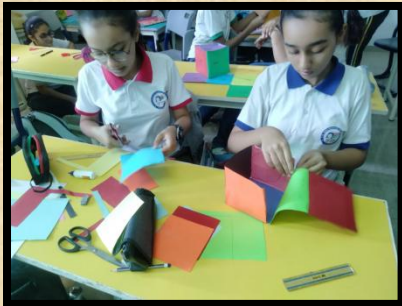
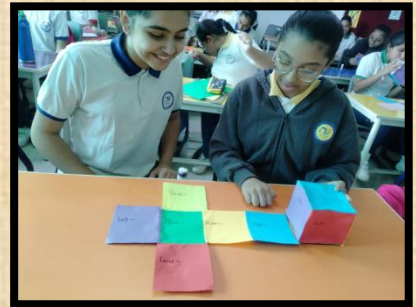
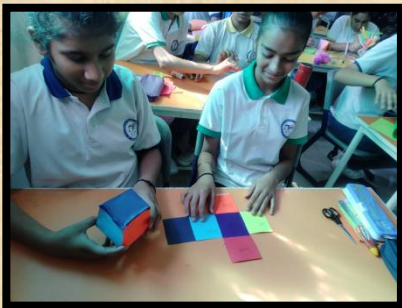
## **Math Std.6**

Students of class 6 explaining the chapter of Fractions through presentation.'



## **Math Lab Activity Std.8**

Students of Std.8 learning 3D shapes on the basis of chapter –'Visualizing Solid Shapes' .



## **Math Lab Activity Std.2**

To develop an understanding of multiplication tables, students of class 2 created table of 2 using colourful beads.



# **Subject Enrichment Activities**

## **Science Project Std.4**

Students of Std.4 prepared 'Types of Teeth' using clay and First aid kit by using waste box.



## **Junior. KG**

Girls developing their gross motor skill by the game of hop Scotch.



## **Social Science**

World Heritage Quiz was conducted in class 8 to 10.



# **Subject Enrichment Activities**

## **Dance Freeze Activity**

Students of class 1 -2 enjoying the dance freeze game.

This activity helps , child develop and practice their listening skills.



## **Nursery**

Nursery kids understanding the concept of soluble and insoluble things through experiment.



## **Senior. KG**

Senior KG kids exploring their fine motor skills.



# *Subject Enrichment Activities*

## *Math Lab Activity Std.1*

Students created different patterns using colourful beads.



## *Science Std. 2*

Students of Std.2 A-B made a bird House using waste material.



# *Subject Enrichment Activities*

## *Sports*

An inter class Carom and Chess competition was conducted in the school and the winners of competition were honoured with the certificate.



## Poetry Corner

कविता आत्म-अभिव्यक्ति और किसी की भावनाओं की खोज के माध्यम से हृदय के उदगारों को व्यक्त करती है। 10वीं कक्षा की छात्रा यश्वी रमानी ने कविता के माध्यम से अपने सुंदर विचारों को दर्शाया है।



यश्वी रामाणी

### सुहाना सफर

जिंदगी एक दौड़ है।  
जहाँ हज़ार लोग मिलेंगे,  
हज़ार लोग छोड़ेंगे,  
मुश्किल से एक दो साथ चलेंगे।  
पर तुम रुकना मत,  
किसी के सामने झुकना मत,  
मौत से डरना मत।  
और कर दिखाना इस दुनिया  
को,  
जिसने तुम्हें एक दिन अनदेखा  
किया,  
फिर भी तुम्हें चुभा नहीं और  
तुमने कर दिखाया \

### आज जी ले तू

इस दुनिया में अकेले आए थे अकेले  
जाएंगे,  
ना कोई पैसा साथ चलेगा ना ही इंसान।  
तो जीने की वजह ढूँढने के बावजूद,  
खुद ही वजह बन जाओ अपने लिए।  
अगर किसी का भरोसा चाहिए, तो खुद  
पर रखो।  
अगर समय चाहिए,  
तो खुद को दो।  
अगर प्यार चाहिए,  
तो खुद से करो।  
अगर कुछ नया सीखना है,  
तो अपनी गलतियों से सीखो।  
अगर किसी को महत्व देना है,  
तो अपने लक्ष्य को दो।  
और अगर डरना ही है,  
तो अपने कर्म से डरो।

***Dear TNRSG Families ,***

***Limited seats available in certain classes!***

***Admissions open for the next Academic Session 2023-24 from Playhouse to Std. 8***

***For more inquiry:-***

➤ ***Login:-*** <https://tnrschool.org/forms/admission-inquiry>

➤ ***Contact:-*** 9978670473/02812970473

➤ ***Write:-*** principal.tnrs@gmail.com

➤ ***View:-*** [www.tnrschool.org](http://www.tnrschool.org)

➤ ***Visit:-*** Bh. Computer Bhavan, Nr. University Campus, Rajkot-5

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▪ **Instagram :-** [https://instagram.com/tnrao\\_school\\_for\\_girls?igshid=NzNkNDdiOGI=](https://instagram.com/tnrao_school_for_girls?igshid=NzNkNDdiOGI=)

***For regular updates of school please visit and follow our Facebook and Instagram page***



*“When you rise in the morning, give thanks for the light, for your life, for your strength.*

*Give thanks for your food and for the joy of living.*

*If you see no reason to give thanks, the fault lies in yourself.”*