



# T. N. Rao School For Girls

School code: 10237

CBSE Affiliation No: 430257

## ABHIVYAKTI

December, 2022 Newsletter - 07



• Behind Saurashtra University,  
Computer Bhavan,  
Rajkot, Gujarat 360005



0281-2970473  
+91 9978670473



[principal.tnrs@gmail.com](mailto:principal.tnrs@gmail.com)



*Respected Parents,*

*Success can be defined as the achievement of a desired outcome, whether it is a personal or professional goal. While there are many factors that contribute to success, there are some basic principles that can help you achieve your goals. Here we will discuss some of the key principles of success and how you can apply them to your own life.*

- One of the most important principles of success is setting goals. Without goals, it can be difficult to measure your progress and determine whether or not you are successful. When setting goals, it is important to be realistic and to set achievable milestones.*
- Another important principle of success is hard work. Success seldom comes easy, and it is often the result of dedication and hard work. If you are willing to put in the effort, you are more likely to achieve your goals.*
- In addition, it is important to have a positive attitude. A positive outlook can be a major factor in achieving success. When you believe in yourself and your ability to reach your goals, you are more likely to succeed.*
- Finally, it is important to stay focused and remain motivated. This can be challenging, but with a little effort you can stay on track. The key is to find what works for you and to stick to it. If you can follow these basic principles, you are well on your way to achieving success.*

*Mrs. Kajal Cholera*  
*Section coordinator(Std-4&5)*

# Content

## ➤ Mega Events:-

- Bal Ramatotsav –Prep section
- Mathsomania Std.4 to 10
- Night camp Std.4 to 10

## ➤ Competitions and Activities:-

- Swami Vivekanand Janma Jayanti competition

## ➤ Celebrations:-

- Indian Navy Day
- Women Rights Day
- National Mathematics Day
- Bhartiya Bhasa Utsav-CBSE
- Veer Bal Diwas-CBSE
- Vijay Divas
- Kisan Divas
- Christmas

## ➤ Workshops:-

- Classroom Management Workshop for teachers - CBSE
- Parenting Workshop on ‘Harnessing the power of Toddlers’ – Play house
- Exam Stress Relieving Seminar.

## ➤ Subject Enrichment Activities

### ➤ Sports Soul

### ➤ Master Mind

### ➤ Sports Legend

### ➤ Pride of TNRSG

# Bal Ramatotsav – Pre-primary section

**Champions aren't made in the gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision.**

TNRSG celebrated Bal Ramatotsav - Annual Sports Day on 15<sup>th</sup> Dec '22 of Pre-Primary section amidst a lot of fun and frolic. This was witnessed and cheered by the parents in the true spirit of sportsmanship!



# Mathsomania Carnival

TNRSG organized Mathsomania Carnival on 10<sup>th</sup> December 22 to develop 21st century skills of Communication, Marketing, Advertisement, Management, Presentation, Team work, Self management, Problem solving, Billing, Profit and loss. They imbibe ethics and values of business. Students are taught to be independent, responsible, reliable entrepreneurs and philanthropist.



# Mathsomania Carnival



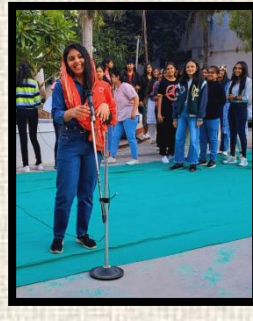
# Mathsomania Carnival



# Night Camp

**“A School Sleepover is the only time you’re expected to fall asleep in class!”**

An overnight adventure camp was also organized for the students of class 4 to 10 within the school premises, on 23rd and 24th December, to help develop their collaborative skills and boost their confidence. Twinkling stars, clear skies, cool breeze and classmates for company - the students had the time of their life as they spent a night in the school. The students enjoyed their independence and time away from home as they were kept gainfully engaged with a variety of fun-filled and supervised activities. Talent show, One-minute games, Bonfire, Sky -Viewing with the help of professionals, and other immersive activities. Next day students were made to get up early morning and were taken to the school ground for Meditation and Yoga followed by Nature walk and ‘Go Green Rally’. The camp concluded on the morning of 24th December at 10:00 am with a refreshing breakfast. It was a memorable experience for all kids and an event to cherish forever!





# Night Camp



# Night Camp



# Ram Krishna Ashram Competitions

To commemorate the birthday of Swami Vivekananda, maker of Modern India, every year Ram Krishna Ashram conducts Recitation, Drawing, Fancy dress, Elocution competitions in English, Hindi, Gujarati and Sanskrit languages respectively.

Students of TNRSG participate every year and bring laurels to the school.



## Congratulations



Date	S.N	Student Name	Std	Position	Competitions
11.12.22	1	Rutvi Vaghela	5B	4th Rank	Vesh bhusha Comp.
12.12.22	2	Swara Thakar	7A	3rd Rank	English Recitation
12.12.22	3	Shriya Saparia	6B	4th Rank	English Recitation
16.12.22	4	Harvi Herbha	1B	5th Rank	Gujarati Recitation
16.12.22	5	Yashvi Bhimani	4A	5th Rank	Gujarati Recitation
19.12.22	6	Swara Raval	2A	1st Rank	Hindi Recitation
19.12.22	7	Kavya Raval	4B	1st Rank	Hindi Recitation
19.12.22	8	Vishwa Bakhai	5A	1st Rank	Hindi Recitation
19.12.22	9	Trusha Bharadiya	2B	2nd Rank	Hindi Recitation
19.12.22	10	Khushi Vyas	4A	2nd Rank	Hindi Recitation
19.12.22	11	Misari Kalariya	3B	5th Rank	Hindi Recitation
19.12.22	12	Angel Nathwani	1B	5th Rank	Hindi Recitation
23.12.22	13	Yashvi Garaiya	5B	2nd Rank	Gujarati Elocution
23.12.22	14	Tanya Rojmala	5B	3rd Rank	Gujarati Elocution
24.12.22	15	Aanshi Kaneriya	5B	4th Rank	English Elocution
24.12.22	16	Rudra Kalariya	5A	5th Rank	English Elocution
24.12.22	17	Khushi Gami	5B	1st Rank	Hindi Elocution
24.12.22	18	Saanvi Pansuriya	5A	2nd rank	Hindi Elocution
24.12.22	19	Vaishvi Amrutiya	5A	3rd Rank	Hindi Elocution
25.12.22	20	Jiya makadiya	4A	5th Rank	Sighra Chitra Spardha

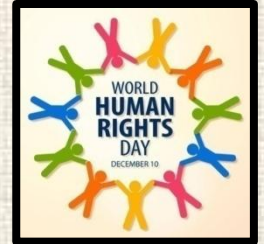
# Indian Navy Day

TNRSG celebrated Indian Navy Day on December 4. A special assembly was organised by the students of Std.6 in which students spoke on the importance of Indian Navy Day. They threw light on Operation Trident and shared few facts about the Indian Navy. Students also shared how Navy week is celebrated every year based on a particular theme.



# Human Rights Day

TNRSG observed a special assembly by Std.4 to commemorate Human Rights Day. The day is celebrated to improve the physical, social, cultural and spiritual well being and welfare of the vulnerable group of people globally.



# National Mathematics Day

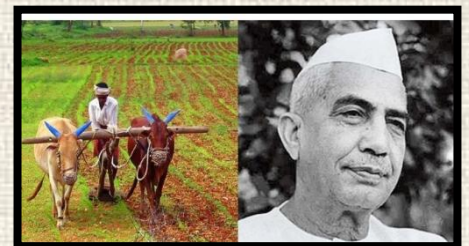
National Mathematics Day was celebrated at TNRSG on the 22nd of December, 2022. The day is celebrated to commemorate the birth anniversary of Indian Mathematical genius Srinivasa Ramanujan. The Mathematics day was celebrated with objective of creating awareness about importance of mathematics in day to day life situation and also to create students interest in studying the Mathematics.



# Kisan Diwas

National Farmer's Day or Kisan Diwas is celebrated every year on the 23rd of December nationwide with great enthusiasm to praise the farmers as they are the spine of India. The day marks the birth anniversary of the Farmer Leader and the former Prime Minister of India, Chaudhary Charan Singh.

TNRSG students organised a special assembly and dedicated this day to all the farmers of India to increase their enthusiasm and also to generate respect for them in the citizens of the country.



# *Bharatiya Bhasha Utsav*

As guided by CBSE, TNRSG celebrated Bharatiya Bhasha Utsav on 11th December on the Janma Jayanti of Subramania Bharati, the great Nationalist Poet.

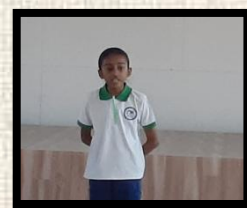
The objective was to acquaint the students about the inherent oneness of all Bharatiya Bhashas i.e the concept of 'Bharatiya Bhasha Parivar' and to make students aware about the spiritual and cultural message emanating from the literature of all Bhashas..



# *Veer Bal Diwas*

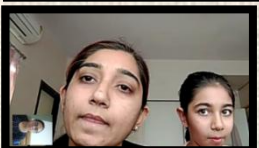
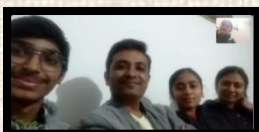
As per the announcement made by Prime Minister Narendra Modi that every year 26 December will be celebrated as Veer Bal Diwas to pay tribute to the courage of the four Sahibzadas of Guru Gobind Sahib Ji who attained martyrdom in the 17th century.

TNRSG students watched the movie of "Chaar Sahibzaade" on the occasion of "Veer Bal Diwas"



# *Virtual Home Visit*

Teachers of TNRSG made home visits in the month of December, in order to meet the needs of students and the family. The purpose of the home visit program is to build relationships between the school and the home.



# Christmas Celebration

Christmas celebrations were in full swing as the school marked the day with a special assembly. The festive spirit was enjoyed by all. Tiny tots celebrated the day by exhibiting their talent through dance performances. Speech was also delivered to mark the importance of the day. The school premises was decorated by the teachers and students with balloons and streamers. Carlos were sung and enjoyed by one and all.



# Classroom Management Workshop - CBSE

A two day CBSE workshop on 'Classroom Management' was organized at Innovative International School on 2<sup>nd</sup> and 3<sup>rd</sup> December, 2022. It was conducted by resource persons, Dr Mayur Patadiya, The Director of Swaminarayan Gurukul and Mr. B D Kotwani, Principal of Podar International, who enlightened the teachers with tips on effective classroom management.



## Parenting Workshop

TNRSG conducted a Parenting Workshop on the topic 'Harnessing the power of Toddlers' for the parents of Play House, by our Education Advisor Mr. Ashwin Patel on 19th December 22.



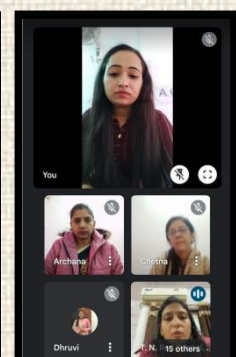
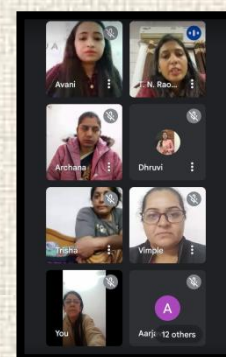
## Exam Stress Relieving Seminar

Ms. Srushti Nanavati, the ex student of TNRSG shared her own experience with the students of Std.9 and 10, on how to overcome exam stress.



## Virtual PTM of Std.10

The PTM for Parents of Std.10 was held on Saturday, 31.12.22 between 8:30 am to 9:00 am in the morning. In the meeting parents were informed about the schedule of Pre-Board exam and the Date - sheet of Board exam. The sole purpose of PTM was to have students, well-prepared before the Board exam.



# Sports Soul

Yashvi Asher of Grade 6 emerged victorious in 300m time trial quads rink race for girls (U-12) in CBSE West Zone Skating Championships 2022 -23 organised at Udaipur.



# Master Mind

Rhythm Kamariya of Grade 3 received an opportunity to participate in one of the most popular show of all times KBC Junior (Kaun Banega Crorepati Junior).



# Sports Legend

On 25<sup>th</sup> December Jeni Savaliya of Grade 6 won a Gold medal in Kumite(fight) in 17<sup>th</sup> International Karate Cup 2022 organised by ISKU.



# Pride of TNRSG

Bhagwatiba Jadeja of Grade 8 got patent for her 'process for preparation of handwash from natural ingredients such as reetha, aloevera, sandalwood paste, rose water etc and a product thereof. There were three projects from which Bhagwatiba had filed her patent for handwash in 2020.

Bhagwatiba has represented Gujarat at the 27<sup>th</sup> National Children Science Congress(NCSC) held in Kerala in 2019.





# Subject Enrichment Activities

## Play House

Students of playhouse getting acquainted by yellow colour, patterning, and touch board.



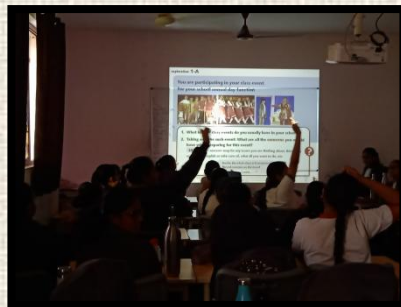
## Value education Std.6

In value education and Awakened Citizen Programme students learn to analyze, explore, real life situations and understand to find out life long learning from each situation.



## Value education Std.8

Awakened citizen session conducted in Class 8 on the topic 'Expanding Myself'



# Subject Enrichment Activities

## Nursery

Practical life activities help child to develop order, concentration, coordination, and independence. Tiny tots of Nursery learning the practical life lesson through the activity of 'Lacing'.



## Senior. KG

Sr. Kg. girls are doing art activities like pasting and tearing to develop their fine motor skills as well as eye hand co-ordination.

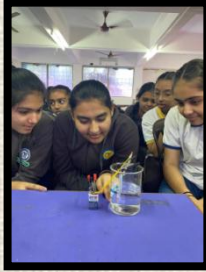


# Subject Enrichment Activities

## Science Std.8

Science experiments promote discovery and learning. Discovering new ideas is an integral part of learning science. It is something that teachers can't give to students. Students themselves have to discover new ideas and concepts during their search for knowledge.

Students of Std.8 discovering the chemical effects of Electric current, Hydrolysis with pencils as electrodes and experiencing Sound - paper cup activity.



## Science Std.7

Standard 7 A-B girls check whether the solution is acid or base with the help of natural turmeric stripe indicator.



## Science Std.2

Students of std 2A-B painted pebbles as a part of STEM learning.



## Science Std.4

Students of std. 4A learnt the concept of Solute, Solvent and Solution by preparing lemonade.



# Subject Enrichment Activities

## Music

Art integration occurs when there is a seamless blending of the content and skills of an art form with those of a co-curricular subject.

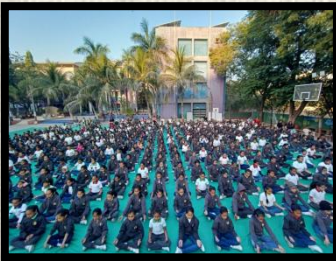
“Students of Class 5 made beautiful musical instruments from waste material.



## Mass PT-Std 6 to 10

An early exercise is a blessing for a whole day.”.

Students of Std.6 to 10 performs Mass PT on every Saturday.



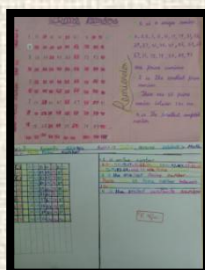
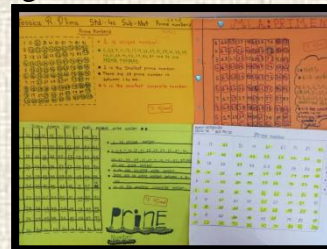
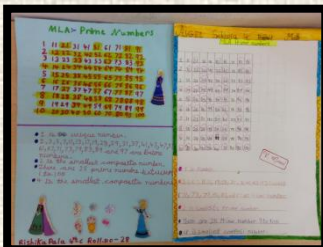
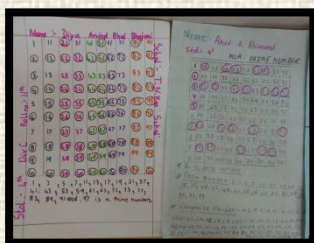
## Hindi Std.5

Students of Std.5 learning the chapter of ‘Danveer Karna’ through the dramatization of mythological characters.



## Math Lab Activity

Students of Std.4 Identifying prime numbers using sieve method



# Student's Corner



## Pirates



Pirates, pirates, sailing in the sea,  
With the crew, as we can see.

Some are dangerous, some are not,  
If they are cruel, their minds are hot.



Bad ones rob, people and islands,  
Some even don't mind, if their ship bends.

The good ones, always save others,  
Because they are, born by good mothers.  
Some are stupid, some are not.  
The stupid ones, always swim in moat.

Some have wooden legs, some have eye cover,  
In the storms, they make row boats lower.



Some have parrots, some have cats,  
Some wear just hair, some wear hats.

Some pirates are stinky, some wear socks very old  
Some are hairy, some are very cold.



They search for treasures, using different maps,  
But they always forget, to wear their caps.

Some are thin, some are fat,  
Because they just, lie on the mat.

Some have old ships, some have new,  
Some paint it red, some paint it blue



Some pirates are happy, some are sad,  
Some are smart, some are mad.

So this is how, the pirates are,  
If you join them, never speak for a car.

Mishtee Cholera  
Std.7B

# Student's Corner



બેન!

એ જાડી નખરાળી મારી વાલી બહેન!  
એકબીજાને હેરાન કર્યા વગર ક્યાં પડે છે અમને ચેન,  
હા! થોડી ઘેલી છે,  
કોઈ પહેલી જેવી છે,  
એ ક્યારેક દુશ્મન, તો ક્યારેક સહેલી જેવી છે,  
પણ ભલે ગમે એવી હોય એ મારા દિલમાં રહેલી છે!

એ છે ગુસ્સાની દુકાન, લાગણીનું મકાન,  
દુનિયાના દરિયામાં મારા વહાણનો સુકાન,  
એને ઝઘડતા પણ આવડે અને મનાવતા પણ!  
એને સતાવતા પણ આવડે ને, બચાવતા પણ.

સમય સાથે હવે અમે પણ થઈ ગયા મોટા.  
ઘણી યાદગાર પળો અને દિવસો હવે બસ ફોટા થઈ ગયા,  
સાથે રહેવાના દિવસો હવે બહુ ઓછા થઈ ગયા.

પણ હજુ મને યાદ છે એ વખત..  
જ્યારે અમે નાના હતા. બારીની સીટ માટે લડતા,  
ટીવીના રિમોટ માટે ઝઘડતા,  
નાની એવી વસ્તુ કે પેલી ચોકલેટના પણ બે સરખા ભાગલા પડતા,  
અને અડધી રાતે પણ મને જો લાગે ભૂખ,  
તો મારા માટે રસોડામાં પ્રેમથી મમરા કે મેગી બનતા.

મને યાદ છે કે બપોર વચ્ચે અમે બધા ઘર ઘર રમતા,  
દિવાળીએ રંગોળીના કલર પુરવા માટે પણ અમે લડતા,  
જ્યારે એકબીજાનું કહેલું માનતા ત્યારે બહુ ગમતા.  
આ બધું યાદ કરી કરીને મેં લખી છે એનાં માટે આ કવિતા,  
કારણ કે એ છે મારા પ્રેમ, કાળજી અને મસ્તીની અખૂટ સરિતા..!

હીર યતીનભાઈ ભોજાણી  
ધોરણ 8

***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)***

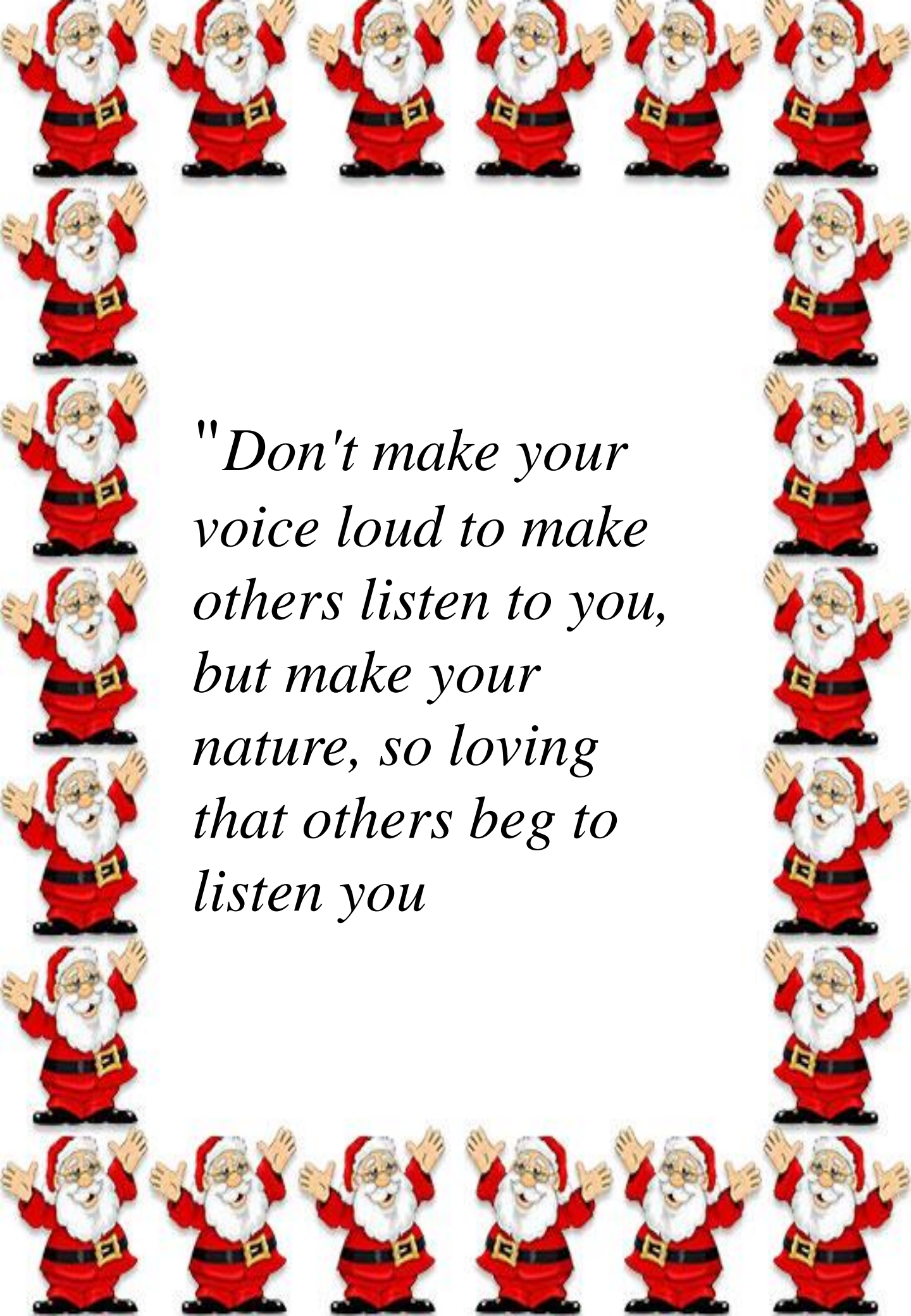
➤ ***Visit:- Bh. Computer Bhavan, Nr. University Campus, Rajkot-5***

➤ ***Like N Share:-***

▪ ***Face book :- T N Rao school for girls***

▪ ***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***



*"Don't make your voice loud to make others listen to you, but make your nature, so loving that others beg to listen you"*