



**EKYA
SCHOOL
ITPL**

THE BULLETIN

2024



CAMPUS HIGHLIGHTS

Triton Interschool Sports Fest 24-25

We are thrilled to announce that Triton 4.0, the interschool Sports Fest hosted by Ekya School ITPL, was a resounding success! Over the course of three days, we welcomed more than 1000 talented participants from various schools who competed across five sports – basketball, football, throwball, volleyball, and table tennis.



We extend our heartfelt gratitude to all the participating schools for their enthusiasm and sportsmanship, which made this event truly memorable. A big thank you to our dedicated staff, volunteers, and referees for ensuring smooth coordination throughout the fest. Your unwavering support played a pivotal role in making Triton 4.0 a celebration of talent, teamwork, and passion for sports.



Teachers Day

The Teachers' Day celebration at EKYA ITPL was a truly memorable occasion, brimming with joy and excitement. Students came together to honor our dedicated teachers with a range of performances.

The event kicked off with vibrant performances that showcased the talents of our students, filling the air with laughter and cheer. Energetic games brought everyone together, fostering friendly competition. The dance segment was particularly lively, with participants showcasing their moves and encouraging everyone to join in on the fun.



As the festivities continued, teachers enjoyed delicious food, relaxed and shared stories creating lasting memories. Overall, the celebration was a heartfelt tribute to our teachers, reflecting the appreciation and gratitude we hold for their hard work and dedication. It was a wonderful way to express our thanks and strengthen our school community.



CULTURE AT CAMPUS

Daily routines help establish a structured environment conducive to learning. It not only helps structure the day but also fosters a sense of community and responsibility among students. We follow some routines at Ekya to build a healthy and friendly environment. One of which is mandatory for my Grade 4C students to bring one fruit for the snacks daily.

At Ekya we are very proud and happy to share that they are enthusiastically following it and also they make sure that I too have fruit in my snacks daily. Also they have a Fun Friday, when they sit with their friends once a week to share their experiences, thoughts and emotions. They eagerly wait for the day to have a fun-filled experience.

These routines help promote physical health and also mental well-being of our students due to which the other things are in place. Consistent routines help build trust between students and teachers, as students feel secure in knowing what to expect.





LEARNING BEYOND THE CLASSROOM

Dussehra Trips

This Dussehra break, our students embarked on thrilling journeys to two very different yet equally exciting destinations: Rocksport and Auroville!

The Rocksport adventure was all about pushing limits, embracing challenges, and parent-child bonding through action-packed activities. From rappelling down rocky cliffs to navigating through obstacle courses, our students showed incredible teamwork and resilience. Whether it was the thrill of ziplining or the fun of campfire storytelling, the trip was a perfect blend of adventure and learning in the great outdoors!

Meanwhile, our senior school students headed to Auroville, where they immersed themselves in the community's unique lifestyle, focused on sustainable living and mindfulness. The students engaged in workshops on eco-friendly practices and connected deeply with the spirit of Auroville's philosophy of unity and peace. It wasn't just a trip, but an opportunity to reflect on how we can contribute to a better world. Both trips were enriching experiences, offering our students fresh perspectives on adventure, nature, and community living. It's safe to say that everyone returned with unforgettable memories and a renewed sense of curiosity and inspiration!



Leadership Bootcamp Cohort 2024

Ekya Schools Leadership Bootcamp 2024, held on 13th September at Ekya Nava brought together student council members from all campuses to enhance their leadership skills and instill core values aligned with the school's mission. The event aimed to foster a culture of ethical leadership, collaboration, and resilience while equipping the students with the necessary tools to lead their peers effectively. The Leadership Bootcamp envisioned empowering our student leaders to embody ethical leadership, foster collaboration, and lead with empathy and integrity. Students enjoyed the hands-on approach, engaging exercises, and collaborative projects that made learning fun and impactful. The enthusiasm and participation from our student leaders were evident, and they left the bootcamp with new skills and a greater sense of confidence.





Field Trips

Our Grade 5 students were buzzing with excitement on their recent visit to Bee Global Farms! This field trip gave them a unique glimpse into the fascinating world of bees and sustainable farming practices. The day was filled with hands-on experiences, where students learned about the life cycle of bees, their role in pollination, and the importance of bees in maintaining our ecosystem. They even got to see how honey is harvested and learned about the intricate structure of beehives. The interactive session on organic farming also sparked their interest in eco-friendly agricultural practices. The students were captivated by the buzzing bees and left with a deeper appreciation for these tiny creatures that play such a vital role in our environment. It was a day of learning, curiosity, and fun—one that's sure to stick with them for a long time!

Wellbeing Initiatives

As exam season is underway, it's crucial to prioritize student wellbeing. This month, our wellbeing department stepped up to offer support through dedicated sessions focused on practical exam tips and managing exam stress. To help students navigate the challenges of exams, we hosted a series of wellbeing sessions. These sessions provided practical advice on how to prepare effectively, manage time, and maintain a positive mindset during this stressful period. Students learned techniques for staying organized and strategies for approaching different types of exams with confidence. In addition to the wellbeing sessions, our team conducted general check-ins with students. These conversations aimed to gauge how students were feeling about their exams. As we continue through this exam season, our commitment to supporting student wellbeing remains strong. By creating a supportive environment, we encouraged students to share their concerns and feelings, helping us understand their individual needs better.

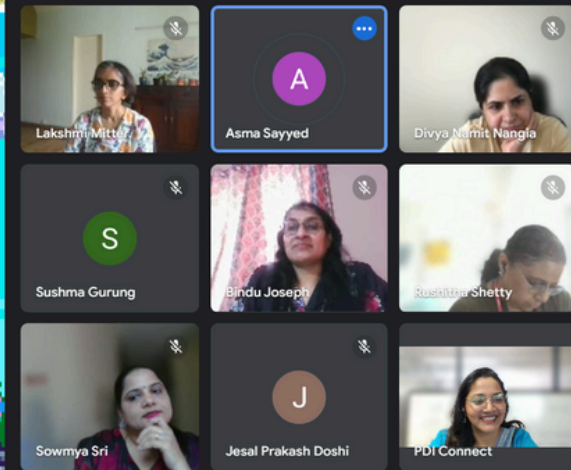


College and Career Guidance Initiatives

Job Shadowing: Students were excited about the job shadowing experience. They found the hands-on experience of understanding organizational work culture fruitful. They gained insight on the importance of networking and communication. The host professionals greatly appreciated the enthusiasm and eagerness demonstrated by the young learners.

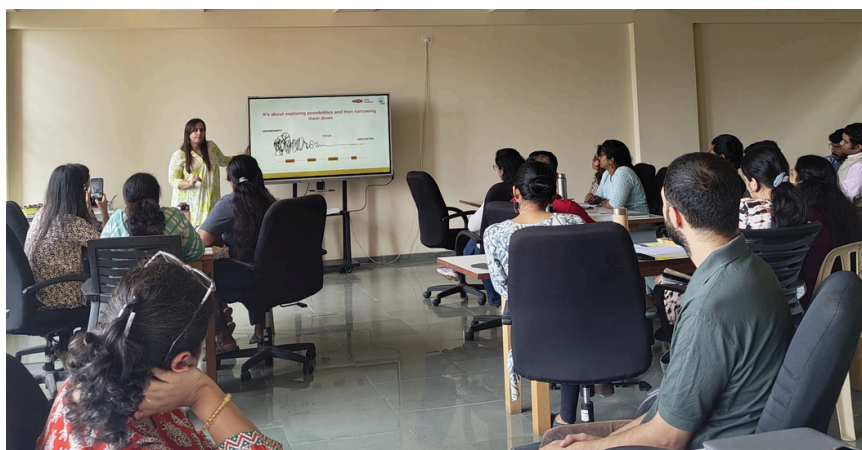
Webinars: The webinars on “**Think outside the box: Unleash your potential in the design industry**” and “**Mind matters: Understand the fascinating world of psychology and its career paths**” were a resounding success. Held on September 28th for parents and students across all campuses, these informative sessions provided valuable insights into the exciting fields of design and psychology.

Attendees were captivated by the engaging presentations and the opportunities to explore potential career paths in these dynamic industries. These initiatives are part of our ongoing commitment to providing comprehensive support and guidance to our students, helping them navigate their academic journeys and prepare for successful careers. The CCG department will continue to offer a range of activities and resources to ensure our students are well-equipped to achieve their aspirations.

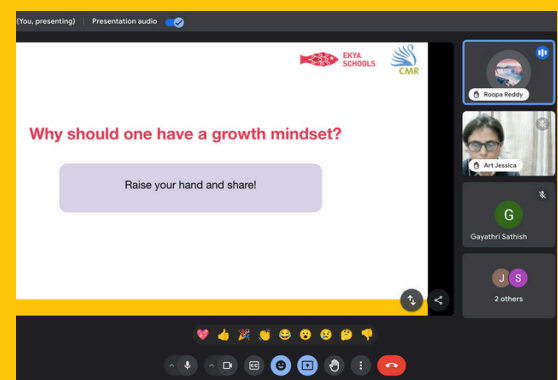
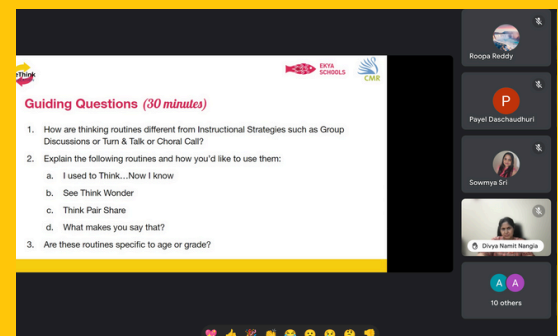


PROFESSIONAL DEVELOPMENT

We began September with a training session for our coordinators on Stakeholder and Parent Engagement, followed by Learning Area Touchpoints with our educators and a Design Thinking workshop for central team members. Our Head of Schools also gathered to discuss strategies for working with multiple stakeholders. As part of our ongoing commitment to providing learning opportunities for educators, school leaders, and systems, the [Ekya Professional Development Institute](#) continues to run workshops and certification programs tailored to the needs of both aspiring and in-service educators.



This month, we successfully wrapped up the fourth cohort of our three-month ReThink Educator Certification Program and conducted various online workshops, including sessions on AI for Teaching, Game-based Learning, and Cultivating a Growth Mindset in the Classroom.

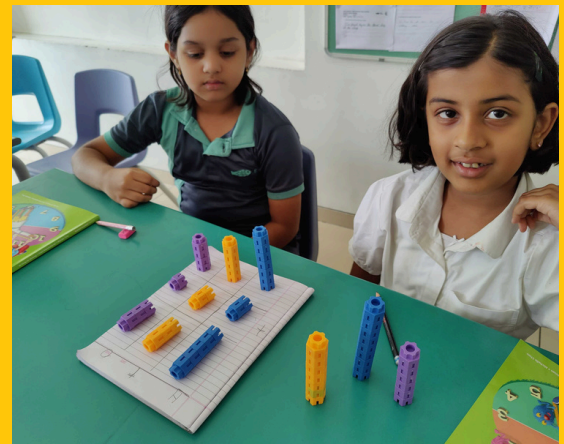




LEARNING & INSIGHTS

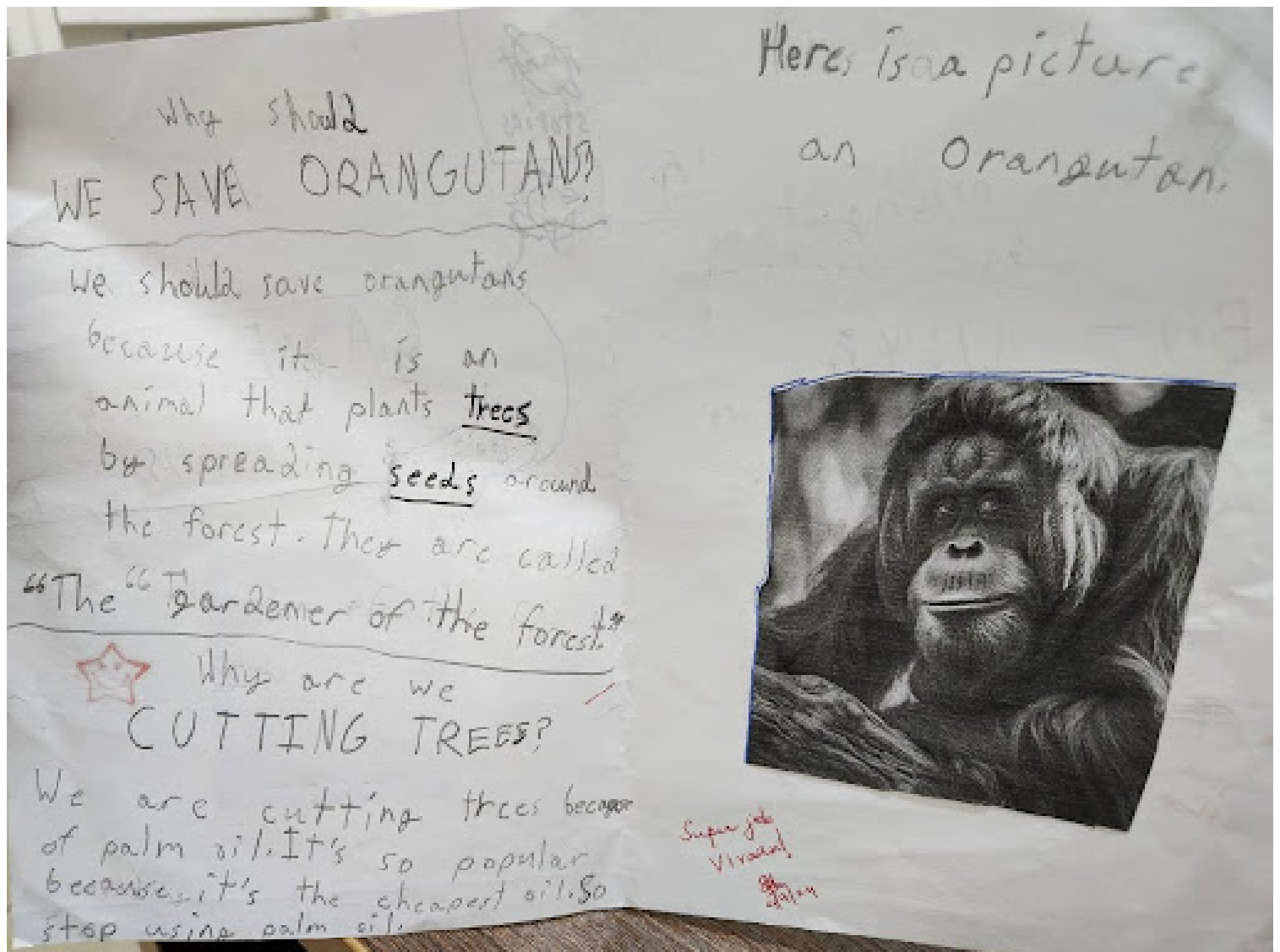
Mathematics

Ekya Math approaches number sense development with a unique focus on deep understanding and mastery. Its primary objective is to cultivate students' intuitive grasp of numbers and their relationships, enabling flexible mathematical thinking and efficient problem-solving.



The curriculum is carefully sequenced, with each concept building upon previously learnt ones, ensuring a progressive and cohesive development of number sense. This approach aims to create a solid foundation for advanced mathematical thinking and improved problem-solving skills.

STUDENT EDGE



Vivaan Tripathy
Grade 3C, Ekya ITPL

TEACHER BLOG

Grounding Techniques: Recharging Students at Ekya

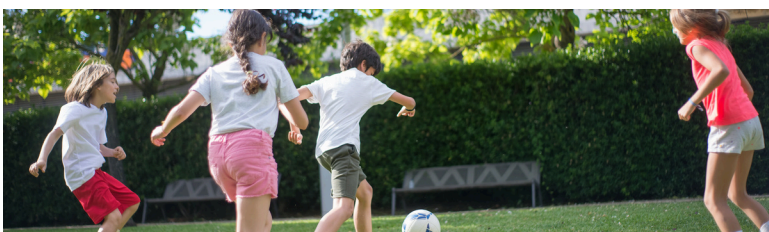
At Ekya, we believe that true learning happens when students are not just academically engaged but also mentally and physically refreshed. That's why we use grounding techniques—simple, mindful exercises designed to help students recharge and stay focused. Whether they've been sitting for multiple periods or feeling drained after an energetic PE session, these techniques offer the perfect reset.

Grounding exercises—like deep breathing, stretching, or engaging the senses—are quick but powerful tools. They bring students back to the present moment, helping them shake off fatigue and refocus on the task at hand. After all, energized minds are curious minds, ready to take on new challenges with enthusiasm!

When students sit for long hours, it's natural for their energy to dip. Grounding techniques—like a quick stretch or a moment of deep breathing—instantly boost both mental and physical energy. Similarly, after a fun but exhausting PE class, these techniques help students calmly transition back into learning mode, ensuring they stay sharp and focused.

Our teachers at Ekya ITPL are attuned to these needs. They know exactly when to step in and guide students through a quick grounding exercise—whether it's a moment of stretching during lessons or a calming activity after PE. Fun and engaging sensory activities, like the "5-4-3-2-1" exercise, further sharpen focus and keep students on track.

These grounding techniques do more than just improve concentration. They build emotional resilience, helping students manage stress, stay balanced, and thrive both in and out of the classroom. By integrating these mindful practices, Ekya ensures that every student feels refreshed, focused, and ready to make the most of their day.



Ms. Aayushi Kajla
HOS, Ekya ITPL

