

EKYA SCHOOL

NICE ROAD



**THE BULLETIN
2025**

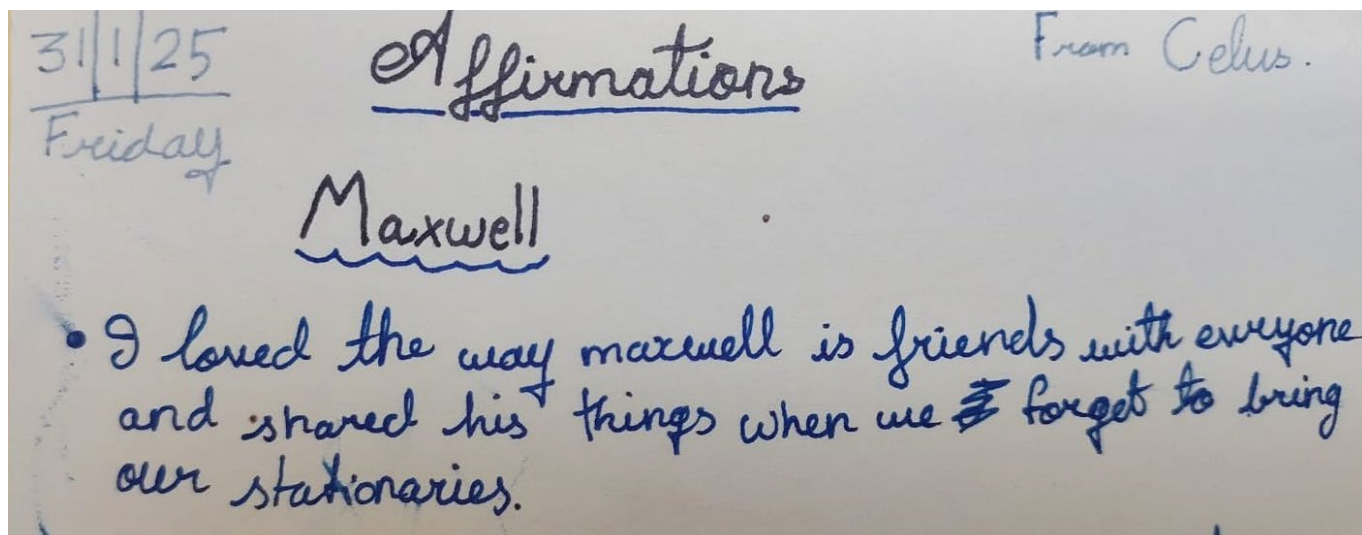
CAMPUS HIGHLIGHTS

We had Reading Week from March 3rd to March 7th, 2025, as part of the **'Love to Read' program**, which aims to foster a love of reading among our students. The theme for Grades 1 and 2 was **'Comics and Fairy Tales,'** while Grades 3 and above explored the theme of **'Mythology and Fantasy.'** During the week, students enthusiastically shared their favorite story characters, wrote book reviews, and immersed themselves in reading books from these genres. This initiative not only encourages reading habits but also cultivates a deeper appreciation for literature.



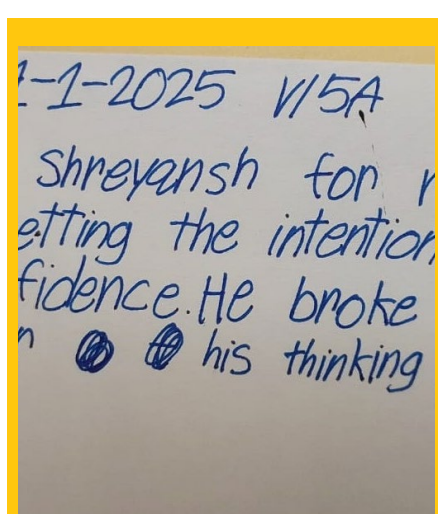
We also held the annual **'Learning Festival'** on March 15th, celebrating the dedication and innovation of our teachers. The event provided a platform for educators to share best practices with colleagues and parents. Eight educators presented on topics such as mindfulness, open learning environments, social contracts for positive classroom culture, data-driven decisions, and fostering a love for literature.

CULTURE ON CAMPUS



ACE award

ACE stands for being an **Aware, Compassionate, and Engaged individual**. The ACE Awards recognise students who demonstrate exceptional self-awareness—they understand themselves, the consequences of their actions, and the reasons behind their thoughts and emotions. These students also show empathy toward others and are proactive in offering support when needed. For Term 2 of the 2024-2025 academic year, the following students from Ekya School, NICE Road, have been awarded the ACE Award (from left) : **Hridaan Maharana (Early Years), Siri Goutham(Grade III), Rushika Sreekumar (Grade II), and Lishan Mahesh (Grade I).**



Affirmations

Affirmation is a school culture initiative that promotes a positive environment by encouraging students to recognise and appreciate the strengths in others. This initiative fosters strong peer relationships and provides a framework for mutual learning. By focusing on the positive qualities of their peers, students develop a deeper sense of respect and empathy. Affirmation helps create a supportive community where individuals can grow together, strengthening both personal and academic connections.

LEARNING BEYOND THE CLASSROOM

The **Student Development Program** at EKYA Schools is designed to enable students in their journey of self-discovery, well-being, community and service to discover a world of possibilities.

This report highlights the key initiatives and their impact on our student community.



Final Year Retreats

We are thrilled to announce the **final-year retreats** for our graduating students! These retreats are designed to provide a meaningful pause before they step into the next phase of their lives, offering space for deep reflection, personal growth, and lasting memories with their peers.

This year, students will embark on transformative journeys to breathtaking destinations such as **Kabini, Nagarhole, Coorg, and Bandipur**—places rich in natural beauty and learning opportunities. Amidst serene landscapes, they will engage in reflective journaling, guided discussions, and immersive experiences that foster self-awareness and mindfulness. Surrounded by nature, they will also explore the delicate balance of ecosystems, drawing inspiration and wisdom from the world around them.

Through these retreats, we hope to cultivate a sense of gratitude, purpose, and connection, ensuring that students leave not only with cherished experiences but also with valuable insights that will guide them in their future endeavors.



Work Exposure Program

As part of the **Work Exposure Program at Ekya**, we are excited for our students to step into professional environments and gain firsthand experience of the working world. This program is designed to help them understand workplace dynamics, develop essential skills, and prepare for their future careers.

Our students have been placed in various organisations, where they will be exposed to key professional skills such as **project management, communication, time management, problem-solving, and critical thinking**. Having successfully completed their interviews, they are now eagerly preparing for their onboarding, which is set to take place in the first week of April. This marks the beginning of an enriching journey where they will learn, contribute, and grow in real-world work settings.

Alumni Engagement

We are thrilled to announce our alumni engagement initiative for the year 2025-26, "**Legacy of Ekya.**" This initiative is designed to strengthen the bond between our alumni and their alma mater, creating a thriving network of collaboration, mentorship, and shared growth.

With a host of exciting new initiatives, **Legacy of Ekya** will provide alumni with opportunities to stay connected with the school while actively contributing to the student community. From leading clubs and conducting workshops to offering mentorship and career guidance, our alumni will play a key role in shaping the experiences of current students.

We are excited to officially launch this initiative in April and look forward to fostering a vibrant and engaged alumni network that continues to inspire and support future generations at Ekya!



Summer Camps

Our much-awaited Summer Camps are set to begin in the first week of April, and we have an exciting lineup of activities planned! Designed around the themes of **Mind, Body, and Soul**, these camps offer a perfect blend of learning, creativity, and fun.

Students will have the opportunity to explore a wide range of engaging activities, including **Puppetry, Music & Dance, Lego Robotics & Coding, Martial Arts, Pottery and much more.** Each activity is carefully curated to foster creativity, critical thinking, and physical well-being, ensuring an enriching and enjoyable experience for all participants.

With something for everyone, this summer promises to be a time of discovery, growth, and unforgettable memories!

WELL-BEING



As exams are underway, the Well-being Department has been focusing on supporting parent well-being to ultimately enhance student well-being. In March, we hosted three insightful sessions for parents, designed to provide valuable tools and guidance for supporting their children's emotional and developmental needs.

The first session, **"Parenting Teenagers and Understanding the Challenges of Adolescents"**, was led by **Ms. Anurama Suresh**, founder of **Sreehi Consulting Services**. This session was specifically tailored for parents of middle and senior school students and addressed the unique challenges of raising teenagers. It provided parents with strategies to foster healthy relationships and navigate this critical phase of their child's development.

We also conducted an online session for Parents of Montessori and Primary students, focusing on **"Managing Tantrums and Hyperactivity"**. This session, led by **Ms. Deepti** and **Ms. Aruna** from the **"Happy Toddler Hub,"** offered practical strategies for managing tantrums and hyperactivity, helping parents better understand and address these common challenges with confidence.

Lastly, we hosted a counsellor-led session on **"Addressing Age-Specific Behavioural Challenges"** for our Montessori parents. This session provided valuable insights into effective communication and behavioural management techniques, tailored to the specific needs of Montessori-aged children.

We believe that supporting parents in these ways plays a key role in enhancing the overall well-being of our students.

A Different Conversation About Cancer

As a **parent first** and an **oncologist second**, I bring a unique perspective to our conversation as I puts our families at the heart of every discussion. That's what makes this conversation different.

Parents Supporting Parents

We'll approach cancer awareness through the lens of family strength and resilience, sharing practical wisdom that only parents understand.

Focus on Hope and Action

Instead of dwelling on statistics, we'll explore how families can empower themselves through knowledge and community support.

Build

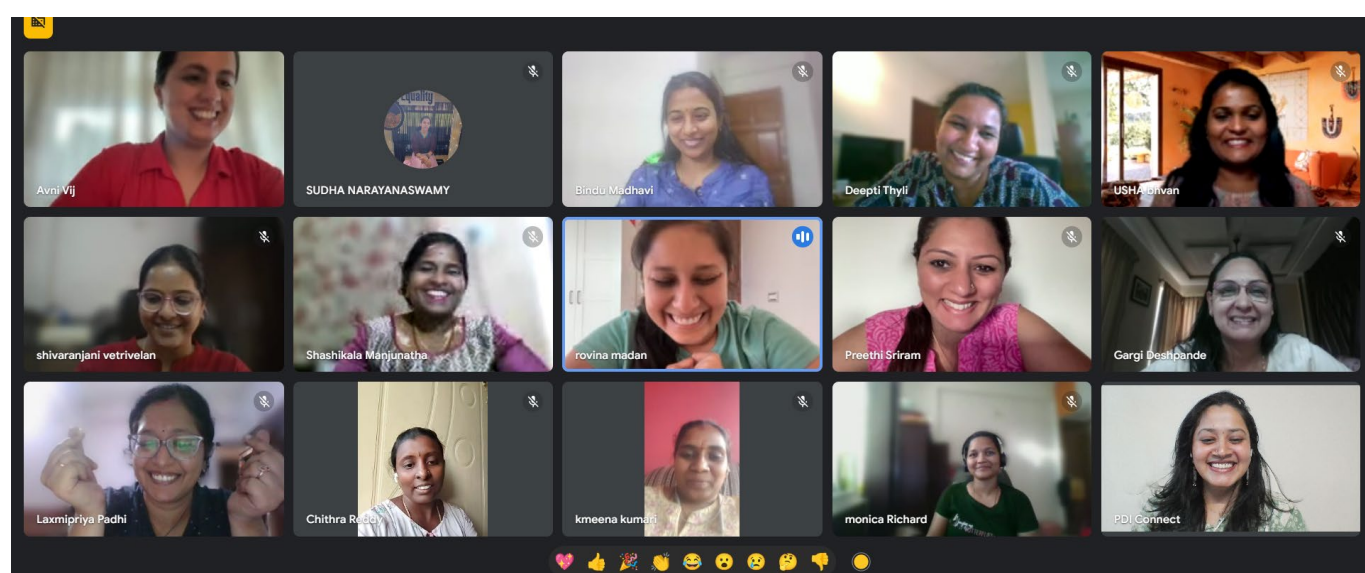
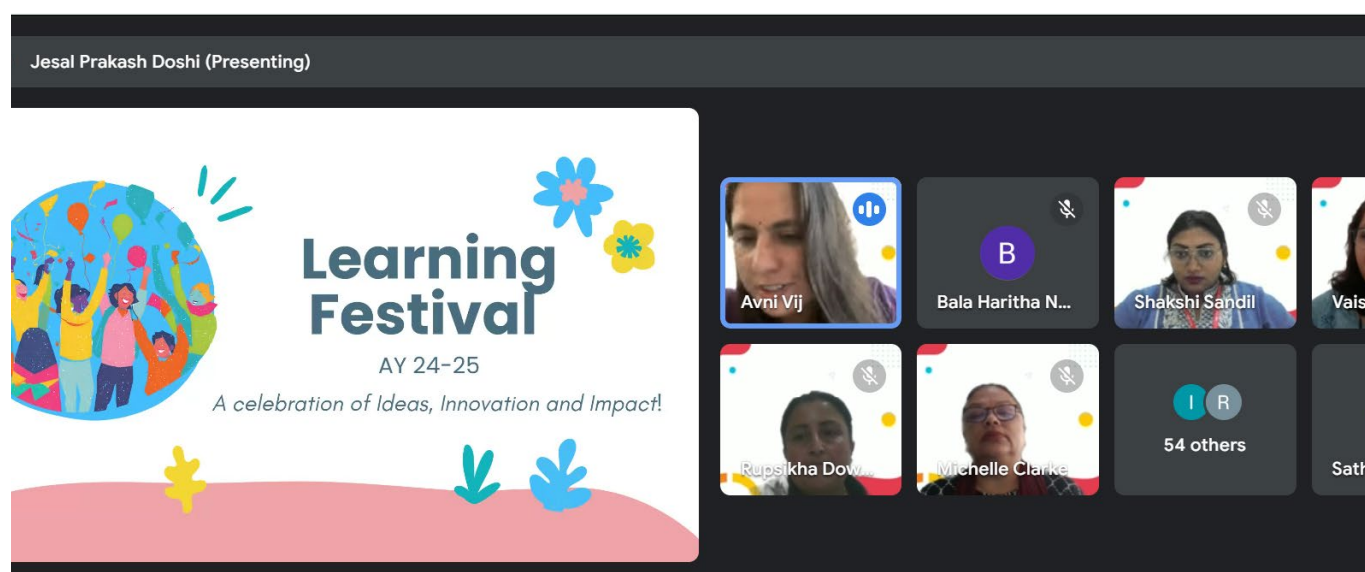
Together, family strength for ever.

Empowering Families Through Cancer Awareness

Dr. (Prof) Vishwanath S
Senior Consultant, Medical Oncology
Apollo Hospitals, Bangalore
Managing Trustee and Founder, CPOEM Foundation
www.cpoem.org
www.drviswanath.in

PROFESSIONAL DEVELOPMENT

- The Professional Development team conducted the **Learning Festival**, an annual celebration of teaching and learning. The Learning Festival served as a platform to showcase the best practices of our educators. This year, the festival was conducted virtually on 21 March 2025, in which **14 educators from CMR and Ekya schools** presented their innovative practices across four impactful themes. It was a true reflection of the creativity, passion, and dedication that define our learning community.
- We have successfully completed the fifth cohort of the **ReThink Educator Certification Program** for the external stakeholders. Apart from this, we have also launched two cohorts for our newly recruited educators who will be in service across our campuses from June onwards. This initiative is to keep up with our goal of equipping our educators with the knowledge, mindsets, and skills of a progressive educator, helping them develop a broader perspective on education as they step into the Ekya ecosystem.
- Ekya PDI is proud to have initiated a comprehensive **Post-Graduate Diploma in Early Childhood Education** in association with CMR University that will equip educators and those aspiring to become one with specialised skills in nurturing young learners, focusing on child development, inclusive education, and play-based learning. It is a one-year program, open to anybody interested in becoming an early years educator.



LEARNING & INSIGHTS

Objective: The objective of this group project is to collaboratively create a Three-dimensional structure based on a theme. This collaborative project aims to foster **teamwork, creativity, and problem-solving skills** while exploring the possibilities of three-dimensional art and design. The project enables students to design, develop & bring their ideas to life through the use of everyday objects & materials.



"Every one of us is a maker", & our students are the perfect example of that. Give them the space to create & we will see wonders born out of the mundane. They display the true essence of collaboration & teamwork.



Through this project, students became designers & creators. They envisioned ideas ranging from simple to complex. They brainstormed & ideated, they worked to realise the idea & bring it to fruition in 3 dimensions. As a team, they came together, held responsibilities & owned up to their deliverables.



With immense enthusiasm & originality, every team brought to the table a diverse set of ideas. They were able to convey the essence of their idea & convince the facilitator to help them proceed with it. They have dexterously handled the tools & materials available in the makery, There were no special materials involved in making.



Proving that generating ideas & engineering materials to realise the ideas is a very innate quality & everyone can create what we envision. Our students demonstrate craftsmanship, a clear connection between thoughts & action, ability to translate two-dimensional design to a three-dimensional model. They show a thorough understanding of concepts like scaling, detailing & mechanics.

1. Mystery Shack
2. Cafe Milkyway
3. Yin & Yang
4. Mast Express
5. Spectrum Aslant

STUDENT EDGE



Learn Today, Thrive Tomorrow - Blog by Siri Goutham, Grade III, Ishaan Jois, Grade IV and Abhiram Malepati, Grade IV

Ekya is a place which makes us feel at home because of its safe and secure practices. It encourages students to be confident and express thoughts and ideas freely.

The culture at Ekya gave birth to the **ACE awards**. It is given to students who behave according to Ekya's culture norms consistently. It is given once a term, thus encouraging kids to adhere to culture norms.

At Ekya, every class has a **social contract** which has certain rules that need to be followed and respected by all students. The main point is to create a safe environment where kids feel happy, free and safe through practices like gratitude sharing and setting good intentions.

We have learnt the 5Cs - **create, collaborate, communicate, care and connect**

Ekya is a family of educators, parents and learners. The focus is on emphasising critical thinking, creativity and social skills. The curriculum follows enriching practices which are globally relevant. Each year, we have a **Service Learning Program** so that we as a community, can be sustainable and save the world's natural resources.

Ekya follows the pioneering **FIND approach** where we transform traditional classrooms to one which empowers students to take ownership of learning, leveraging talent and thus unlocking their full potential.

Field trips take us to external areas. They are educational, fun and interactive, and we learn something new beyond our syllabus.

The main focus of a parent when joining a school is education. On the other hand, kids' core emphasis is sports. Just like academics invigorates mental aspects of knowledge, Physical education fosters a combination of robustness, strength, skill, talent and creativity across a wide spectrum of sports.

Physical Education helps students by curating a curriculum which helps them hone their skills like movement, strength, judgement etc. The tutors also give equal chances to all kids to showcase their talent and unlock their full potential. It also helps us develop general discipline, like patience, good behaviour, listening skills, etc.

Let us talk about football, the most popular sport. It was played throughout the academic year 2023-2024. It was fun. It developed our strengths, skills, creativity, movement, judgement, etc. Even though we were often overshadowed, we never quit. Now, we are working to unlock our full potential.

We would like to conclude by stating that this school, with all its elements combined has moulded each one of us to be a confident, compassionate and responsible human being. We are truly happy to be students of this school.

Thank You!



Young blog writers - Siri Goutham(Grade III), Abhiram Malepati (Grade IV) and Ishaan Jois (Grade IV), along with Head of School, Ms Mathangi R.

LEADERSHIP CORNER

Manifestation: The Power of Thoughts and Actions

Desires and aspirations are an intrinsic part of being human, giving us purpose and direction. Some dreams materialise effortlessly, while others require relentless effort. Along the way, our mindset plays a crucial role in shaping our reality. One of the most powerful abilities we have is the ability to send thoughts and intentions into the universe, often unknowingly. This process is called **manifestation**—the art of turning desires into reality through positive thinking, belief, and intentional action. Manifestation helps align our mindset and actions to bring our dreams to life.

What is Manifestation?

Manifestation is the process of bringing goals and dreams to life through **focused intention, unwavering belief, and positive thinking**. It operates on the principle that our thoughts, emotions, and energy shape our experiences. Often linked to the Law of Attraction, manifestation suggests that we attract what we think and believe. By nurturing positive thoughts and taking action, we draw similar energies into our lives. Conversely, focusing on negativity can invite undesirable circumstances, making it crucial to be mindful of what we feed our minds.

How Does Manifestation Work?

While manifestation might seem mystical, it follows a structured approach that blends thoughts with action. Here's how it works:

1. Be Clear and Specific with Your Goals

Clarity is the foundation of manifestation. Instead of vague desires, define exactly what you want. The more specific your goal, the more focused your energy will be.

2. Visualise Success as if It's Already Happened

Visualisation strengthens belief and aligns your energy with your goal by immersing yourself in the emotions of already achieving your dream.

3. Eliminate Doubt and Cultivate Positive Thinking

The universe responds to unwavering faith, where confidence and belief create momentum, while doubt and fear create resistance.

4. Take Inspired Action

Manifestation is not just about thinking—it requires action. Set small, actionable steps toward your goal and follow through with dedication.

5. Practice Gratitude and Acceptance

Gratitude is the secret ingredient in the manifestation process.

Acknowledge what you already have, appreciate small wins, and trust the timing of the universe. Being humble and accepting of the process strengthens your ability to attract more abundance.

Manifestation in Daily Life

Imagine a student struggling with a subject. If they constantly think, **"I'm bad at this,"** they reinforce the belief, making improvement difficult. But if they shift their mindset to **"I can learn and improve,"** they open themselves to growth. Paired with effort, this belief can transform their experience.

Similarly, an athlete preparing for a competition must visualise victory, believe in their ability, and work relentlessly toward success. This blend of positive thinking and action creates the perfect environment for achievement.



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