



15 Years of
Extraordinary

**EKYA
SCHOOL**
BTM LAYOUT



**THE BULLETIN
2025**

CAMPUS HIGHLIGHTS

Love to Read: The Launch Edition @ Ekya BTM

The joy of reading came alive as Ekya BTM Layout hosted a special '**Love to Read**' Assembly, marking the official launch of our year-long reading celebration!

Students dazzled the stage dressed as their favourite book characters, bringing beloved stories to life through **cosplay** and expressive **readers' theatre** performances. Creativity soared during our **school-wide bookmark-making activity**, encouraging students to design their own reading companions.

A key highlight of the day was the demonstration of our **DEAR (Drop Everything and Read)** initiative—a powerful reminder that reading can happen anytime, anywhere.

We were thrilled to invite a special guest—our very own **student author**—who launched an in-house publication last year through our **Editorial Club**. Their journey from a passionate writer to a published author inspired peers and proved that creative dreams can come true within our school community.

This celebration was preceded by enriching sessions from celebrated authors, **Mr. Ishan Shanavas** and **Ms. Mala Kumar**, who ignited a passion for stories through discussions, book reviews, and literary insights.

Here's to nurturing a lifelong love for reading—one book at a time!



Launch of After-school Activities

Our vibrant **after-school activity program** has taken off! This term, students can explore and develop their interests through activities such as:

- Keyboard
- Lego Robotics
- Skating
- Swimming
- Dance
- Theatre
- Basketball & Cricket

A special mention to our **after-school swimming team coaching**—now happening daily! The students in our swim team show great dedication and enthusiasm, making waves with their consistent participation and spirited teamwork.



A Day with Nature: Grade 1 Trip to Bannerghatta

Our **Grade 1 learners** recently embarked on a magical journey into the wild at **Bannerghatta Biological Park**.

The safari was a major highlight—inside the protective safari bus, young explorers spotted **lions, white tigers, and playful bears** in their open enclosures. Every sighting brought gasps of excitement and awe, making the jungle experience truly unforgettable.

Beyond the thrills, the field trip offered valuable lessons in **wildlife conservation and environmental responsibility**. Students were encouraged to reflect on the importance of preserving natural habitats and respecting all forms of life.

As we returned to school, backpacks were heavy with stories, and minds were full of wonder. It was a day that reminded us of the beauty and balance of the natural world.



Keep reading, keep exploring, keep growing!

CULTURE AT THE CAMPUS

Bullseye Brilliance & Winning Waves!

This is the culture at our campus — passion, perseverance, and podium finishes!

We are proud to spotlight our young achievers who are making waves in state-level championships and embodying the spirit of excellence at Ekya BTM!

1. **Aadya Ramesh** (Grade 10 B) hit the mark at the **13th Karnataka State Rifle Shooting Championship**, clinching the **3rd highest rank** in the **10m Rifle Shooting event**.

Her impressive medal tally:

- **Gold** – Senior Women's Team
 - **Silver** – Junior Women's Team & Individual Sub-Youth Women's
 - **Bronze** – Youth Women's & Junior Women's
2. **Mihika Dutta** showcased her speed and strength at the **Karnataka State Sub-Junior & Junior Swimming Championship**, securing:
 - **Silver** – 100m & 200m Freestyle
 - **Bronze** – 400m Freestyle

And a Gold in the 4x200m relay with her team!

3. **Kiaan Das** and **Kiara Das**, our academy shooters, dazzled at the **Karnataka State Shooting Championship 2025**:

- **Kiaan: 3 Silver medals** (Youth, Sub-Youth, Junior) + **1 Bronze** (Men's Individual)
- **Kiara: 4 Silver medals** (Youth, Sub-Youth, Junior, Women's) + **1 Gold** (Sub-Youth Team)

At Ekya BTM, this is more than just achievement — it's a culture of striving, thriving, and shining on every platform.

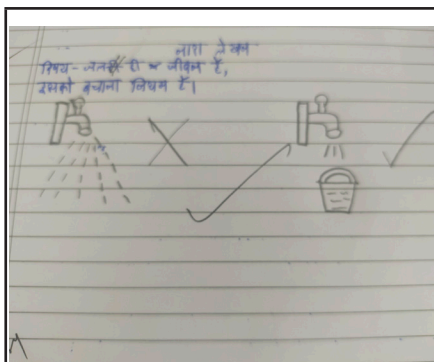


LEARNING AND INSIGHTS

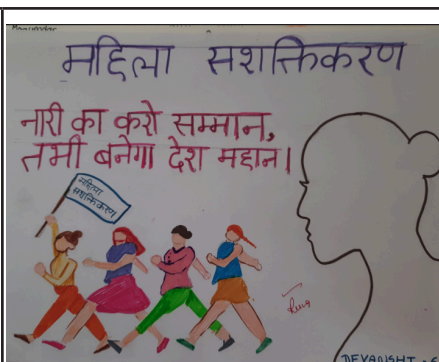
Learning Area: HINDI

Grade: 6

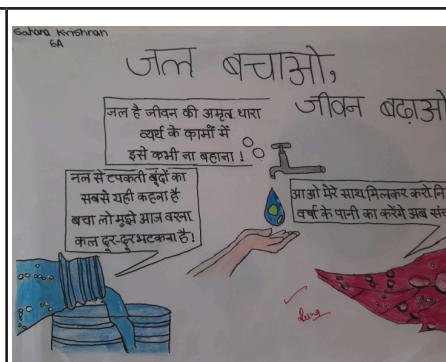
Objective: नारा लेखन का मुख्य उद्देश्य छात्रों में रचनात्मकता और संक्षिप्त व प्रभावशाली अभिव्यक्ति की क्षमता विकसित करना है। इससे वे कम शब्दों में गहरे संदेश देने की कला सीखते हैं। यह गतिविधि भाषा ज्ञान, व्याकरण और शब्दावली को मजबूत करने में सहायक होती है। साथ ही, यह सामाजिक जागरूकता बढ़ाने में मदद करती है, जिससे छात्र पर्यावरण, स्वच्छता, शिक्षा और देशभक्ति जैसे विषयों पर सोचने और अपने विचार व्यक्त करने में सक्षम बनते हैं। नारे गढ़ने की प्रक्रिया उनके आत्मविश्वास और संचार कौशल को भी मजबूत करती है, जिससे वे अपने विचारों को प्रभावी ढंग से प्रस्तुत कर पाते हैं।



नारा लेखन भाषा सीखने की एक प्रभावी विधि है, जो छात्रों को कम शब्दों में गहरा संदेश देने की कला सिखाती है। यह न केवल उनकी रचनात्मकता को बढ़ाता है, बल्कि भाषा के सही प्रयोग, व्याकरण और शब्दावली को भी मजबूत करता है। नारे लिखते समय छात्र नए शब्दों का प्रयोग करना सीखते हैं, जिससे उनकी अभिव्यक्ति क्षमता में सुधार होता है। संक्षिप्त और प्रभावशाली लेखन की यह प्रक्रिया संचार कौशल को भी विकसित करती है, जिससे छात्र आत्मविश्वास के साथ अपने विचार प्रस्तुत कर पाते हैं। इस प्रकार, नारा लेखन भाषा अधिगम को रोचक और प्रभावी बनाने में सहायक होता है।



नारा लेखन की एक बहुत ही रोचक गतिविधि है। इस अभ्यास से छात्रों को कम शब्दों में अपने विचार प्रभावशाली तरीके से प्रस्तुत करने की कला सीखने का मौका मिलता है। इससे न केवल उनकी रचनात्मकता बढ़ती है, बल्कि हिंदी भाषा की शब्दावली और व्याकरण भी मजबूत होता है। नारे तैयार करते समय छात्र विषय पर गहराई से सोचने और सही शब्दों का चयन करते हैं। साथ ही, जब वह अपने नारे कक्षा में प्रस्तुत करते हैं, तो उनका आत्मविश्वास भी बढ़ता है। यह गतिविधि उनके संचार कौशल को सुधारने में बहुत मददगार होती है।



कक्षा में नारा लेखन की गतिविधि सफलतापूर्वक आयोजित की गई। सबसे पहले, शिक्षक ने एक विषय चुना और उस पर एक नारा बनाकर कक्षा में प्रस्तुत किया। इसके माध्यम से छात्रों को प्रभावी नारे बनाने की विशेषताओं के बारे में बताया गया। इसके बाद, छात्रों को समूहों में विभाजित किया गया और प्रत्येक समूह ने दो विषयों का चयन किया, जैसे – जल बचाओ, सड़क सुरक्षा, महिला सशक्तिकरण, ग्लोबल वार्मिंग आदि। प्रत्येक समूह ने अपने विषयों पर नारे बनाए और उन्हें मोटे अक्षरों में रंगीन कागज पर लिखा।

इसके बाद, समूहों ने कक्षा के सामने अपने नारे प्रस्तुत किए। प्रस्तुति के बाद, अन्य समूहों ने प्रतिक्रिया दी, जिसमें उन्होंने नारों की सकारात्मक विशेषताओं को बताया, प्रश्न पूछे और सुधार के सुझाव दिए। अंत में, शिक्षक ने इंटरएक्टिव बोर्ड पर कुछ प्रभावी नारों के उदाहरण दिखाए और छात्रों को बेहतर प्रस्तुति कौशल विकसित करने के तरीकों पर चर्चा की। इस गतिविधि से छात्रों को नारा लेखन की कला सीखने और अपने संचार कौशल को सुधारने का अवसर मिला।

LEARNING BEYOND BOUNDARIES

Leadership Bootcamp at Ekya Nava: Building Future Leaders

On **9th July**, Ekya Nava hosted an inspiring **Leadership Bootcamp**, bringing together student leaders for a day dedicated to building skills, confidence, and a spirit of collaboration. The bootcamp focused on nurturing the qualities that define effective leadership—communication, decision-making, empathy, and resilience.

Through engaging workshops, team challenges, and thought-provoking discussions, students explored what it truly means to lead with purpose. Expert facilitators guided them through activities that tested their problem-solving abilities and encouraged them to think creatively and work cohesively.

One of the highlights was the **peer-sharing circle**, where students exchanged ideas, shared personal goals, and reflected on their own leadership journeys.

The energy at Ekya Nava was vibrant and focused—students left feeling inspired, motivated, and better equipped to take on responsibilities in their schools and communities. The bootcamp was not just a training session, but a meaningful step toward shaping tomorrow's leaders today.



Field Trips: Young Explorers at Bannerghatta and Jeeva Park

This term, our primary students set out on exciting field trips to **Bannerghatta Biological Park** and **Jeeva Park**, turning a regular school day into an adventure filled with learning and wonder.

At Bannerghatta, students got up close with nature's incredible diversity—spotting lions, tigers, bears, and deer while learning about wildlife conservation and animal habitats. The safari ride was a highlight, with wide-eyed children eagerly spotting animals roaming in their natural enclosures.

Meanwhile, a visit to Jeeva Park offered a refreshing day outdoors. Surrounded by greenery, students explored different plants, insects, and tiny creatures, understanding the basics of ecology and the importance of preserving green spaces. Fun games, nature walks, and storytelling under the trees made the day even more memorable.

These trips sparked curiosity and gave our young learners a chance to see, touch, and experience the natural world—making learning joyful and real.

Dussehra Camps: The Journey of Adventure and Discovery!

This Dussehra break, students are all set to step away from their desks and dive into the outdoors with camps planned at **Yelagiri, Ramanagara, Sakleshpur, Hampi, and Wayanad**. From misty hills and rocky cliffs to coffee estates, ancient ruins, and forest trails, each destination promises a unique blend of adventure, learning, and fun.

Students will trek scenic paths, try activities like rock climbing and rappelling, explore heritage sites, discover local wildlife, and share stories around warm campfires under starlit skies. These camps are more than just a holiday—they help students build confidence, teamwork, and a love for nature.

With backpacks packed and excitement in the air, the Dussehra Camps are the perfect chance to make new memories, deepen friendships, and experience the joy of learning outside the classroom. An unforgettable adventure awaits!



Well-Being

July was all about Health and Wellness at school, and the **Well-being Department** led a series of meaningful sessions to promote awareness and support across the entire community. For our Primary students, the focus was on body safety, helping children understand personal boundaries and safe vs. unsafe touch in an age-appropriate and sensitive manner. Middle school students explored the topic of puberty, learning about the physical and emotional changes they're experiencing, and how to navigate them with confidence and self-awareness.

In the Senior block, students took part in Sex Education sessions that were designed to help them make informed choices, understand consent, recognise red flags, and develop an understanding of healthy relationships. Across all age groups, we introduced discussions around the POCSO Act, adapting the language and content to suit each developmental stage so students are aware of their rights and how to seek help if needed.

Our work extended beyond the student community. We conducted two impactful sessions for teachers - one on POCSO compliance and responsibilities, and another focused on supporting students through challenges related to self-harm, body image, eating disorders, and teen relationships. The sessions were powerful and practical, equipping staff with tools to respond to sensitive situations with empathy and clarity.

We also engaged with parents, offering a session for families of Montessori to Grade 4 students on effective discipline strategies. This workshop provided insights into age-appropriate, respectful, and constructive approaches to guiding behaviour at home.

Finally, our counsellors continued their professional development through training in Brief Solution-Focused Counselling, reinforcing our commitment to building a strong, skilled team capable of offering meaningful support to students.

Together, these efforts reflect our ongoing mission to create a school environment where well-being is prioritised and everyone - students, teachers, and parents - feels informed, supported, and empowered.



Christmas Voyage: Exploring Jaipur & Ranthambore

This Christmas break, students from Grades 6 to 9 are gearing up for an unforgettable voyage to the vibrant city of **Jaipur** and the wild beauty of **Ranthambore**. The trip promises the perfect blend of history, culture, and adventure—making it a magical way to end the year.

In Jaipur, students will step into the royal past as they explore majestic forts, palaces, bustling markets, and colourful streets, discovering the rich heritage and stories behind the Pink City's iconic landmarks.

At Ranthambore, the excitement shifts to the wild as students set out on thrilling safaris, hoping to spot tigers, deer, and other fascinating wildlife in their natural habitat. Evenings will be filled with bonfires, fun activities, and time to bond with friends under starry skies.

More than a trip, the Christmas Voyage is a chance to learn, explore, and create memories that will last a lifetime!



PROFESSIONAL DEVELOPMENT INSTITUTE

CMR NPS + Ekya Schools

We have been conducting a series of focused bootcamps for staff members on leveraging AI tools exploring practical applications of AI in day-to-day workflows across roles. Our Senior School educators participated in a **Professional Development Day** to upskill themselves on 'Using AI Tools in Differentiated Instruction.' The session focused on practical strategies to personalise learning pathways using AI-powered tools, ensuring every student's needs are met. We conducted a three-day in-person **workshop and field immersion** for candidates of our **Postgraduate Diploma in Early Childhood Education**. Held at the CMR University City Campus, the experience combined hands-on learning, peer collaboration, and real-world application of theory.

We have officially opened applications for the **ReThink Educator Certification Program**, a three-month virtual learning journey designed for aspiring and in-service educators to deepen their understanding of progressive education practices.



STUDENT EDGE

Living Up to a Version of Me

Every one of us carries two versions of ourselves: The one we present to the world and the one that quietly exists within. The polished, curated version—the smiling face in group photos, the energetic teammate, the dependable friend. And then, there's the quieter self—the one who stares at the ceiling at night, the one who feels the weight of expectations, the one who wonders, "Am I doing enough?"

Let's be honest: **social burnout isn't rare.** It creeps in slowly, through packed calendars, back-to-back deadlines, constant digital engagement, and the silent pressure to always be "on." If you've ever felt like you're performing a version of yourself, you're not alone. You might even be feeling it right now.

Author and life coach Jay Shetty once said, "**I had to take time off because my private self felt like it had to live up to the promises I made in public.**" That hits home. We often feel trapped in the persona we've crafted—especially in our social media age. Online, you're witty, productive, confident, and wise beyond your years. But offline? You're human. You're tired. You're figuring it out. And that's not just okay—it's necessary.

It's not a weakness to pause. It's wisdom.

In fact, the moments when we step away—when we log off, say no, choose rest over rush—are often when we finally hear ourselves again. Sometimes, you need to **disappear**, not to quit, but to **reconnect**. To remember who you are when no one's watching.

This isn't about turning away from growth or ambition. It's about grounding those pursuits in authenticity. About making sure that the "you" you're building outwardly reflects the "you" that feels real internally.

Because constantly performing isn't sustainable. But being honest with yourself is. And when we begin to live from that place—not for likes, not for applause, but for peace—that's when real alignment begins.

So here's your gentle reminder:

You're allowed to be more than your public self. You're allowed to change, to rest, to grow quietly. **Living up to yourself doesn't mean living up to a performance. It means living in truth.**

Take a break.

Take a breath.

Take the time you need.

Because the world needs more of your honest self—not the perfect version, just the real one.

Tanush Kotak

Grade XII Student

LEADERSHIP CORNER

Building a Culture of Empathy: Ensuring No Child Feels Alone

Imagine a 17-year-old, shy, but extremely confident and smart student. Let's call her Alisha. This otherwise smart and confident student feels ignored by her classmates, who seem to have their own friend groups. Alisha tries to join in on conversations, but no one responds or acknowledges her presence. She feels lonely, sad, and anxious.

As a teacher, you all have likely encountered students who struggle with feelings of isolation or loneliness in the classroom. I have experienced it too, and it broke my heart every time I saw the child sitting alone during short breaks and lunch breaks.

A drawback of this kind of emotional bullying is that it might not be noticed as easily as other, more visible types of verbal bullying. A potential consequence would be that loneliness would start to weigh heavily with each passing day. Children may lose interest in coming to school every day. School, a place children should love, may now start dreading it.

So what can we do to make sure that no child has to go through such dreadful emotions?

The answer lies in building a culture of empathy. Yes, a small word but a powerful emotion.

We as teachers have the responsibility of raising empathetic individuals. We must help build strong, supportive relationships among students, teachers, and peers. Students must be made aware of how their behaviour affects others.

I facilitate open conversations about empathy, kindness, and respect in my classrooms. I have used scenarios and role-play exercises to help students understand how others might feel in certain situations. This has helped students practice empathy and understand different perspectives. I took inspiration from the primary grades and introduced a kindness log in my class. I was happy to see that students started sharing their small acts of kindness.

By prioritising empathy and kindness, we can create a more compassionate and inclusive environment that prevents bullying. We must empower our students to become empathetic and supportive peers.

Aparna Sharma

Senior School Accounts & Business
Studies Educator

