



**15** Years of  
Extraordinary

**EKYA  
SCHOOL**  
BYRATHI



**THE BULLETIN  
2025**



# EKYA BYRATHI & SPARSH HOSPITAL FOSTER STUDENT WELLNESS THROUGH HEALTH CHECKUP CAMP



A health checkup camp was successfully conducted at Ekya Byrathi on July 4, 2025, in collaboration with **Sparsh Hospital**. The camp offered dental, general health, and eye checkups specifically aimed at the students.

Students benefited from the following services:

**Dental screening and oral health education:** Each student underwent a routine dental checkup. Preventive advice was provided regarding oral hygiene, emphasising the importance of regular dental care and proper brushing techniques. Students identified with dental concerns were advised on further treatment and follow-up.

**General health checkup:** Comprehensive physical examinations were performed to assess the students' overall well-being, addressing early detection of common health issues. Guidance on nutrition and lifestyle was discussed as part of preventive medicine.

**Eye checkup:** Students received vision screening and basic ophthalmic evaluations by a qualified team from Sparsh Hospital. Those with refractive errors or eye health issues were identified and referred for further investigation or treatment as needed.

# CAMPUS HIGHLIGHTS

The health camp was well-received by students and staff, providing essential primary health screening in a convenient setting. The initiative reflects Sparsh Hospital's continued commitment to community health outreach and preventive care for children and adolescents.

For any necessary follow-ups or specialist referrals, details will be communicated through the school administration.

The school and Sparsh Hospital thank all volunteers and participants for making this event a success.



## Expert Sessions at Ekya Byrathi

At Ekya Byrathi, we value the holistic development of our students and actively engage our parent community in enriching this journey. This July, we hosted two impactful expert sessions led by parents from our school community.

On **9th July**, Ms. **Sandhya**, a professional dancer and parent, conducted a dynamic **dance fitness and well-being session** for **Grades 1–10 and our teachers**. Through energetic movement, she highlighted the importance of emotions, self-expression, and overall well-being, inspiring everyone to embrace dance as a tool for joy and self-care.

On **28th July**, Ms. **Neha Modi**, an artist, educator, and parent, conducted an interactive session for Grades 6–8. Using art as a medium, she introduced the **"Time Out"** process to help students pause, reflect, and process their thoughts. She also spoke about life's obstacles, encouraging students to acknowledge challenges and recognise that they are not alone in facing them.



These sessions not only nurtured creativity and emotional wellness but also strengthened the bond between our school and parent community, leaving students and teachers inspired and reflective.

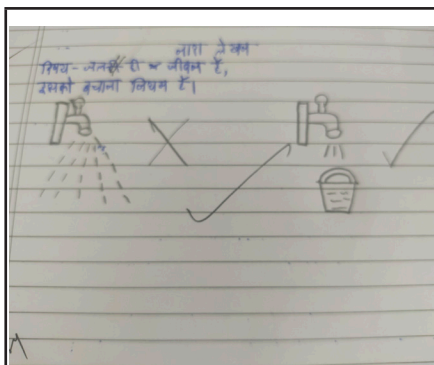


# LEARNING AND INSIGHTS

**Learning Area: HINDI**

**Grade: 6**

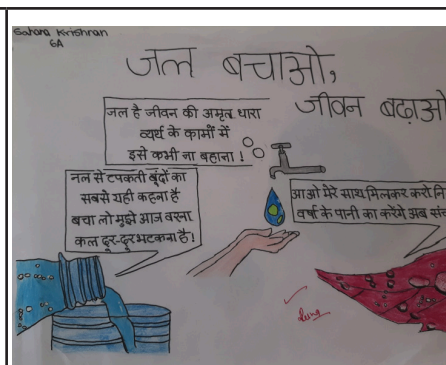
**Objective:** नारा लेखन का मुख्य उद्देश्य छात्रों में रचनात्मकता और संक्षिप्त व प्रभावशाली अभिव्यक्ति की क्षमता विकसित करना है। इससे वे कम शब्दों में गहरे संदेश देने की कला सीखते हैं। यह गतिविधि भाषा ज्ञान, व्याकरण और शब्दावली को मजबूत करने में सहायक होती है। साथ ही, यह सामाजिक जागरूकता बढ़ाने में मदद 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.

## 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.



### Dussehra Camps: Adventure and Discovery Await!

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!



## 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 and 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

## Connected yet Divided

When I say we are connected yet divided, most people think I mean “connected” in time, history, social media, or access to information. When I say “divided,” they think politics, arguments. But I mean something else—emotional connection and emotional division.

When I say “divided,” I’m referring to the two main sides: the dark side and the bright side.

The bright side lives up to its name—bright smiles, laughter in the air, steady movement, glowing faces under a blue sky. But is that really the truth? Look closer and you’ll see cracks. The joy, the jokes—they feel like practice. Their smiles? It’s their only armor. Why? Because of expectations. People are expected to be happy. Sadness is tucked away.

Though there are exceptions. Some laugh not to hide pain, but because they’re making the most of what they have. They have courage, hope—the kind that makes you believe things can get better. The light isn’t always a mask; it can be both. It can be a choice or a shield, depending on how you feel.

Now the dark side. Here, no one bothers to pretend. They don’t fake smiles. They wear their sadness openly—or not at all. They speak quietly or not at all. They don’t dress up their pain, but they also don’t try to heal it. Emotion is accepted—and that’s a great thing. But even giving up is accepted. At some point, they stop trying. They’re comfortable with silence; stop hoping because hope leads to disappointment. Numbness becomes familiar, easier than longing for something brighter. But there’s a kind of truth in the dark that many are afraid to face.

There’s honesty in silence. Strength in sitting with pain instead of running. There’s depth and understanding—something that doesn’t ask you to be happy to be worthy.

And while both sides have their pros and cons, sticking to only one is limiting. No single emotion holds the full truth of being human.

If you stay only in the light, you risk losing what’s real. If you stay only in the dark, you begin to believe pain is all there is. You should choose both—feel it all: the sadness, the pain, the joy.

So how are they connected? By the ache they both carry. By the quiet fear of not being enough. Humans need to feel—everything, even if it hurts. The bright side laughs loudly, hoping someone notices the pain behind the smile. The dark side stays quiet, hoping someone hears the pain they’ve stopped explaining.

One side may protect you, yes. But both are needed to heal you. Sticking to one feels safe, but it keeps you stuck.

In conclusion, the most important part of our lives is balance.

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# LEADERSHIP CORNER

In today's rapidly changing world, young people are navigating an increasingly complex environment. As a counsellor, I recently led a session with students, focusing on body safety, puberty, and child protection laws like the POCSO Act. The experience highlighted just how crucial these conversations are - not only for awareness, but for overall well-being and empowerment.

When children approach adolescence, they are faced with a host of physical, emotional, and social changes. Addressing puberty and body safety early on encourages honest dialogue and offers a safe space for questions, helping dispel myths and anxieties. This openness builds confidence, giving children a better understanding of what is happening to their bodies and minds, and supporting them to develop a healthy self-image as they grow.

Understanding body safety is especially important in this context. Discussing the difference between safe and unsafe touch, setting personal boundaries, and recognising the right to say "NO" enables children to trust their instincts and seek help when something does not feel right. These conversations are not only preventive - they empower children to protect themselves and reinforce the message that their bodies belong to them.

Alongside this, awareness of laws like the POCSO Act serves as another layer of protection. Many students are unaware of their legal rights or the seriousness with which the law treats issues of consent and safety. By bringing the POCSO Act into our conversations, we demystify the legal framework and let children know that they have support and protection available to them. This awareness can make children feel less alone and more confident about reaching out, whether to trusted adults or official channels, if they find themselves in uncomfortable situations.

Of course, topics like puberty and child protection have long been surrounded by stigma and embarrassment. Open discussion helps break this silence, fostering empathy and understanding not just for their own experiences but also those of their peers. A supportive, inclusive environment encourages kindness and creates a culture where children feel able to support one another and seek help without shame.

It's important to remember that creating a safe space for these conversations isn't a one-time effort. It takes trust, ongoing dialogue, and mutual respect between students, educators, and parents. By continuing to talk openly about body safety, puberty, and protective laws like POCSO, we give children the words and confidence to advocate for themselves and each other. In doing so, we're helping them build the foundation for a safer, healthier future - one where every child feels empowered to speak up and seek support when they need it most.



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